

AUSTRALIAN diabetic LIVING

**SATURDAY
NIGHT**
fakeaway

TRY OUR
HEALTHIER
HOMEMADE
VERSIONS

**LOWER-CARB
MEATBALL &
MOZZARELLA
PAN BAKE**

See page 24

Lower CARB love

**25 RECIPES LOW ON
CARBS AND BIG ON FLAVOUR**

PLUS

**CATCH OF
THE DAY**
6 healthy
seafood dishes

**MAKE YOUR
MOVE**
Do you really
need to exercise?

SEPT/OCT 2024 \$9.20 NZ \$9.99



9 313006 026327

09

are
media

7 THINGS

Diabetes and
driving: what you
need to know.

DEMENTIA

How to
minimise
your risk

KICK THE HABIT

Alcohol? Smoking? Fast
food? How to break
free for good!



STAYING ACTIVE WHEN YOU ARE 70+ IS IMPORTANT.

**So is testing for COVID-19
at the first sign of symptoms.**

The risk of serious illness from COVID-19 increases with age, especially for people aged 70+. Even mild symptoms could get worse. For people 70 or older who test positive for COVID-19, oral antivirals are available.

Talk to your doctor to know your risk.

planforcovid.com.au

References: 1. Australian Government Department of Health and Aged Care. For older Australians (65 years and over). <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-older-australians-65-years-and-over> (accessed November 2023). 2. Australian Government Department of Health and Aged Care. Groups at higher risk from COVID-19. <https://www.health.gov.au/topics/covid-19/protect-yourself-and-others/high-risk-groups> (accessed November 2023). 3. Australian Government Department of Health and Aged Care. Updated eligibility for oral COVID-19 treatments. www.health.gov.au/health-alerts/covid-19/treatments/eligibility (accessed November 2023).

Copyright © 2024 Merck & Co., Inc., Rahway, NJ, USA, and its affiliates. All rights reserved.
Merck Sharp & Dohme (Australia) Pty Limited. Level 1 – Building A, 26 Talavera Road, Macquarie Park NSW 2113.
AU-ANV-00572. Issued June 2024.





COVER PHOTOGRAPHY
AREMEDIA

▶ FOOD

- 14 5 days, 5 dinners** Simply delicious midweek meals
- 22 Let's get cosy** Healthy comfort food
- 34 Weeknight tray bakes** Simple, straightforward, flavoursome
- 40 Go fish** Fish and prawn pie
- 42 Gadget comfort food** Clever ideas for your appliances
- 47 The spice is nice** Make the most of what's in your pantry
- 52 Saturday night fakeaway** Stay in, make your own
- 58 Quick & clever soups** Warming and nutritious
- 62 Hearty healthy lunches** Lunchtime makeover
- 70 The naturally sweet life** Fruity, sugar-free treats
- 80 Energy-boosting breakfasts** Start your day off right

▶ LIVING WELL

- 92 Do macros matter?** Dr Kate Marsh explains the balance
- 98 Demystifying Dementia** The risk factors and protecting yourself
- 103 7 things** Diabetes and driving
- 104 Kick that habit** Bad habits begone!
- 110 Working out with diabetes** What, why and how?

SPECIAL OFFER

Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 38% off the regular price!



SEPTEMBER/OCTOBER 2024

CONTENTS

- 114 PCOS and weight loss** Lifestyle changes to try
- 118 What's your exercise personality?** Find your fit

▶ MY STORY

- 122 'You can only drive it like you stole it for so long'**

▶ REGULARS

- 3 Privacy notice**
- 5 Editor's note**
- 6 Just diagnosed**
- 8 Your healthy life**
- 13 Contact info**
- 85 About our food**
- 86 Cook's tips**
- 88 Menu plan**
- 125 Puzzles**
- 130 Recipe index**



This issue of *Diabetic Living* is published by Are Media Pty Ltd (Are Media). Are Media may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Are Media publications, products, services and events. Our Privacy Policy is located at aremedia.com.au/privacy/. It also sets out how you can access or correct your personal information and lodge a complaint. Are Media may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Are Media in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Are Media's Privacy Officer either by email at privacyofficer@aremedia.com.au or mail to Privacy Officer, Are Media Pty Ltd, 54 Park St, Sydney, NSW 2000.

THE TEAM

Editor ALIX DAVIS
Art Director DANIA WARMERDAM
Content Producer ERIN ROBERTS
Food Editor ALISON ROBERTS
Dietitian SHANNON LAVERY

ADVERTISING & MARKETING

Commercial Brand Manager ANGE CROTTY
Ange.Crotty@aremedia.com.au
Marketing Director LOUISE CANKETT
Senior Marketing Manager JILLIAN HOGAN

PRODUCTION

Production Manager DANIELLA KALACH
Ad Controller DOMINIC ROY

ARE MEDIA GROUP

Chief Executive Officer JANE HUXLEY
Director of Sales ANDREW COOK
General Manager NICOLE BYERS

DOTDASH MEREDITH CORP.

Vice President/Business Affairs
TOM ROWLAND
Executive Director, Licensing Operations
PAUL ORDONEZ
Senior Director, Business Development
WENDY ZHANG

ARE MEDIA PRIVACY NOTICE

This issue of *Diabetic Living* is published by Are Media Pty Limited (Are Media). Are Media may use and disclose your information in accordance with our Privacy Policy, including to provide you with your requested products or services and to keep you informed of other Are Media publications, products, services and events. Our Privacy Policy is located at www.aremedia.com.au/privacy/. It also sets out on how you can access or correct your personal information and lodge a complaint. Are Media may disclose your personal information offshore to its owners, joint venture partners, service providers and agents located throughout the world, including in New Zealand, USA, the Philippines and the European Union. In addition, this issue may contain Reader Offers, being offers, competitions or surveys. Reader Offers may require you to provide personal information to enter or to take part. Personal information collected for Reader Offers may be disclosed by us to service providers assisting Are Media in the conduct of the Reader Offer and to other organisations providing special prizes or offers that are part of the Reader Offer. An opt-out choice is provided with a Reader Offer. Unless you exercise that opt-out choice, personal information collected for Reader Offers may also be disclosed by us to other organisations for use by them to inform you about other products, services or events or to give to other organisations that may use this information for this purpose. If you require further information, please contact Are Media's Privacy Officer either by email at privacyofficer@aremedia.com.au or mail at Privacy Officer, Are Media Pty Limited, 54 Park Street, Sydney NSW 2000.

PUBLISHED BY ARE MEDIA PTY LIMITED (ACN 053 273 546).

54-58 Park St, Sydney, NSW 2000; GPO Box 4088, Sydney, NSW 2001. The trademark *Diabetic Living* is also the property of Are Media Pty Limited and used under licence. ©2021 All rights reserved. Print by IVE (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Ovato Retail Distribution Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Ovato Retail Distribution New Zealand Pty Ltd (CRN 1540329).

Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Dotdash Meredith Corporation.
Use of trademark is strictly prohibited.

Recommended and maximum price \$9.20 (NZ \$9.99) including GST.

SUBSCRIPTION ENQUIRIES

Phone: 136 116 (Mon-Fri 8am to 6pm AEST)
Website: www.magshop.com.au

OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney; drkatemarsh.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Queensland; drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre; mendpsychology.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1; diabete-ezy.com

Rachel Freeman

Diabetes educator

Rachel is the mum of a child with type 1, and also works at the Australian Diabetes Educators Association; adea.com.au.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Drew Harrisberg

Exercise physiologist & diabetes educator

Drew, who has type 1, offers online coaching/consultations and specialises in designing safe and effective exercise programs; drewsdailydose.com

Dr Ramy Bishay

Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



38



118

**NEXT
ISSUE
ON SALE
OCT 10**



77



Fore!

My now-retired husband has always been an active guy - in addition to working as a carpenter and builder, he swims regularly, plays golf as much as he can and is a keen ocean ski paddler. His body has always just worked for him and he hasn't paid it a lot of attention.

He recently attended a day-long golf school and while reviewing the video coaching, wasn't struck so much by his swing as he was by his body. Which, he felt, looked like it hadn't had much attention paid to it. He came home a changed man - determined to lose weight and get his blood pressure under control.

While the weight isn't coming off as quickly as he'd like, it's certainly heading in the right direction, and one of his sources of motivation is this issue's My Story subject, Brendan Adams. My husband knows Brendan from our local hardware store and has been inspired by his weight loss and the way he has turned his health trajectory around. Turn to page 122 to read Brendan's incredible story.

For more motivation, take a look at the exercise feature on page 118 to uncover your exercise personality and find out what will get you moving, then check our delicious recipe line-up. We've got 25 lower-carb dishes in this issue, plus sugar-free desserts, healthy seafood meals and plenty of satisfyingly cosy dinners to keep you warm in the last days of winter. Let's get into it!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers



diabeticliving@aremedia.com.au



diabeticliving.com.au



facebook.com/
DiabeticLivingAU

Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JDRF IMPROVING
LIVES.
CURING
TYPE 1
DIABETES.

d diabetes
australia

Coeliac
Australia

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

● **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.

● **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two

hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.

● **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.

● **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some

activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.

● **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.

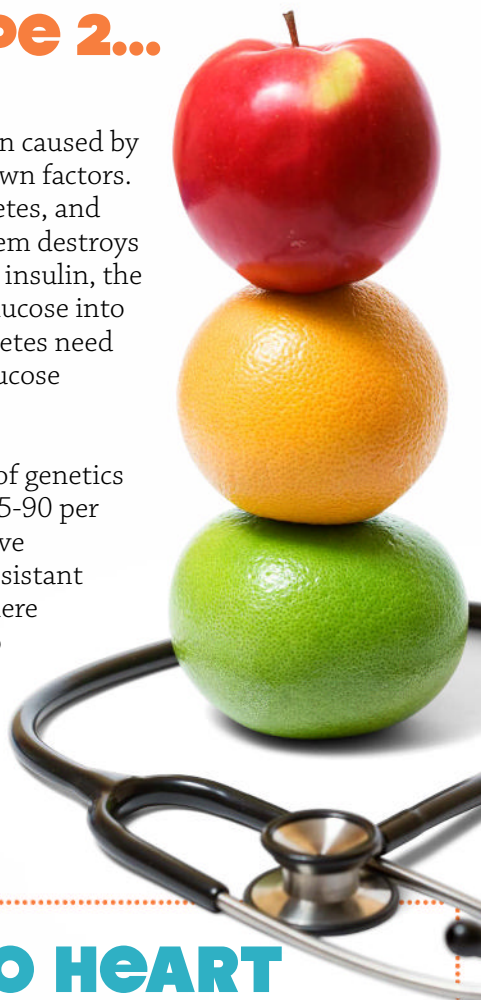
● **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 AND TYPE 2...

What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



TAKE THIS TO HEART

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

Losing just 5 per cent of your body weight can have a positive impact.

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes

YOUR healthy life

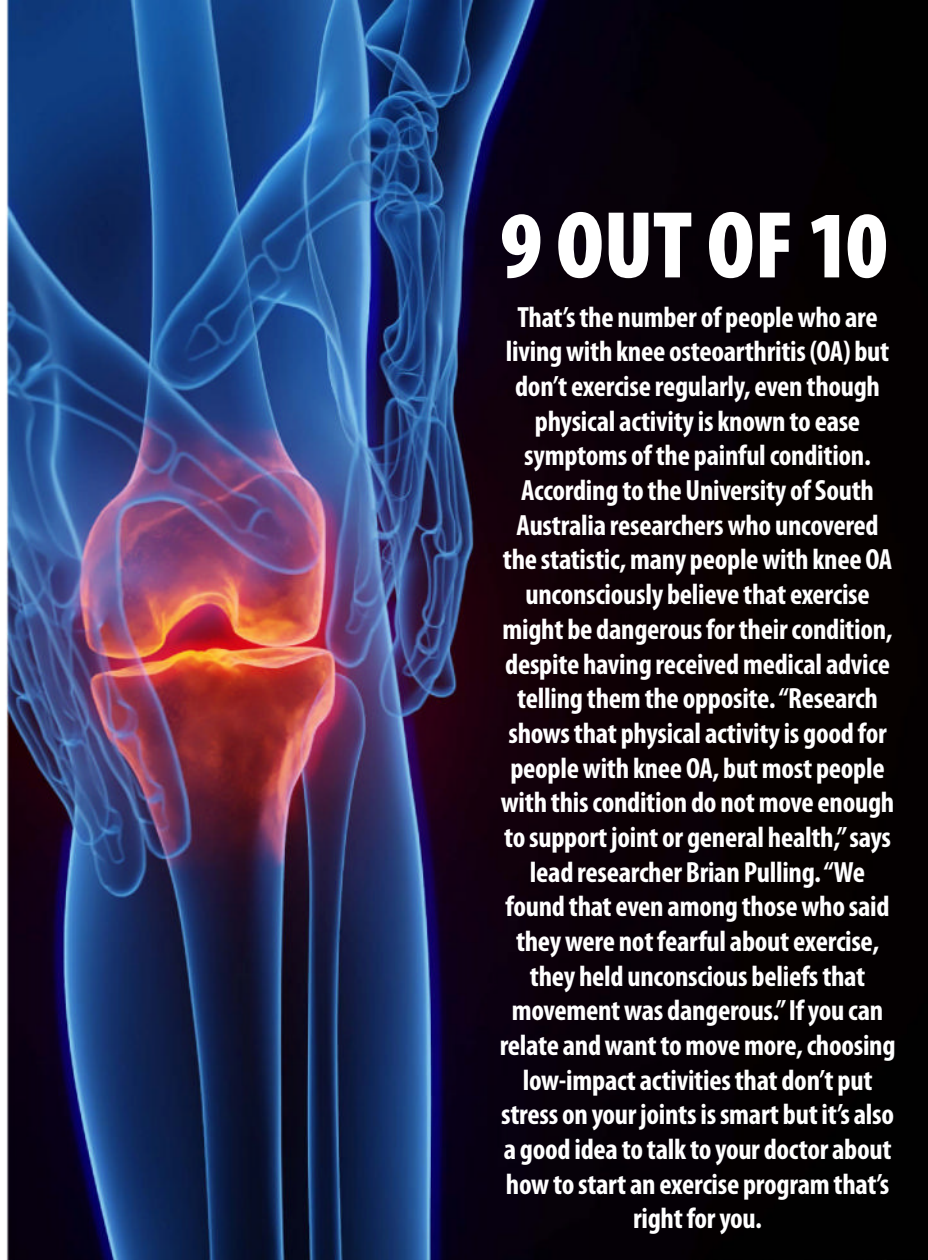
The latest global news on diabetes, fitness, and health news

KEEP IT GREEN

It's a well-known fact that living in built-up urban areas increases the risk of experiencing anxiety and depression, but recent research suggests there's a relatively easy 'fix'. The Bangor University study shows that simply making the effort to actively look for any greenery amongst the man-made structures can alleviate anxiety and enhance restorative feelings. It could be trees, plants, lawns or flowers – it all counts, although there's one green element that's more powerful than others.

"We found that the individuals who were guided to direct their gaze more frequently at green elements reported a significant reduction in anxiety, with trees showing the most substantial positive effect," says the university's Dr Whitney Fleming.



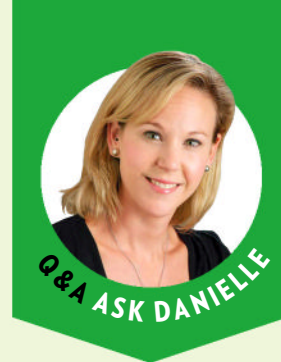


9 OUT OF 10

That's the number of people who are living with knee osteoarthritis (OA) but don't exercise regularly, even though physical activity is known to ease symptoms of the painful condition. According to the University of South Australia researchers who uncovered the statistic, many people with knee OA unconsciously believe that exercise might be dangerous for their condition, despite having received medical advice telling them the opposite. "Research shows that physical activity is good for people with knee OA, but most people with this condition do not move enough to support joint or general health," says lead researcher Brian Pulling. "We found that even among those who said they were not fearful about exercise, they held unconscious beliefs that movement was dangerous." If you can relate and want to move more, choosing low-impact activities that don't put stress on your joints is smart but it's also a good idea to talk to your doctor about how to start an exercise program that's right for you.

NEEDLE-FREE INSULIN IS ONE STEP CLOSER

Canadian scientists have created a pain-free drug delivery method for insulin. In a nutshell, they've developed oral insulin drops that are quickly and efficiently absorbed by the body when placed under the tongue. The researchers behind the new delivery method say it could potentially replace the need for insulin injections. "Insulin is a complicated molecule," says lead researcher Dr Shyh-Dar Li. "In pill form, it's easily destroyed in the stomach. Insulin also needs to be rapidly available in the blood but as a large molecule, it cannot get through cells easily on its own." As a result, the drops contain a mixture of insulin and a unique cell-penetrating peptide which opens a pathway for insulin to cross over. The oral insulin drops will now move to the next research phase.



Q: After living with type 2 for a few years, I've recently been diagnosed with neuropathy and keep hearing I should now be wearing diabetic socks all the time. Is this correct?

Danielle says: When you have peripheral neuropathy, also known as the loss of protective sensation, trauma to the skin can happen more easily and result in foot ulceration and infection. It is therefore recommended to wear socks with shoes as they provide additional protection to the skin from friction and other forces that can cause injury and breaks to the skin. In addition, they can help keep the feet clean, absorb perspiration and prevent your skin from drying out in the warmth or cold.

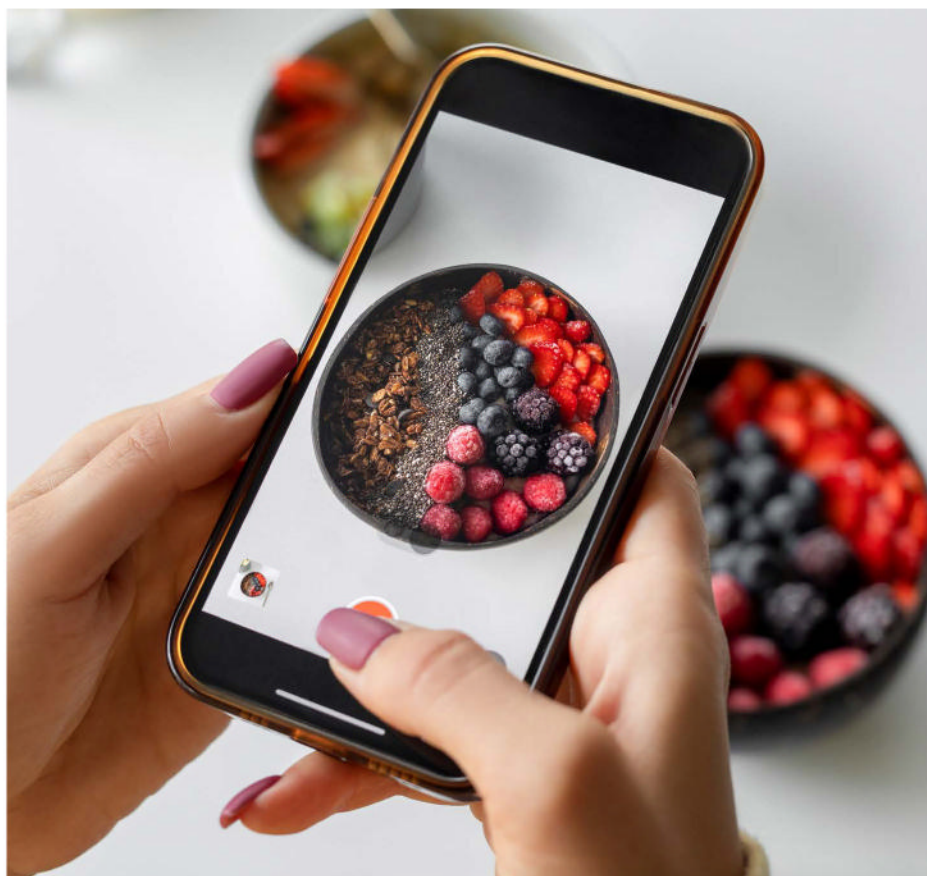
You don't need to buy 'diabetic socks' but you should be aware of the features that make a good sock diabetes friendly. These features include:

- socks made from natural fibres to reduce sweat and odour
- no tight elastic tops which can dig into your legs and restrict circulation or leave marks on your legs
- socks that don't slip down
- socks that are smooth or seamless so they don't cause rubbing and irritation especially around the toes. If you don't have these a good tip is to wear them inside out so the seams are on the outside.

Fortunately there are many good sock brands available, but it is important to remember to purchase the right size.

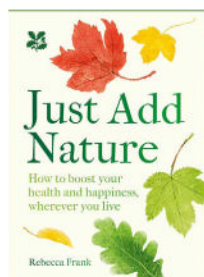
~~~~~  
Danielle Veldhoen, podiatrist





## A picture-perfect way to eat healthier

Fresh research out of Curtin University shows that snapping pictures of the food on your plate before you tuck in could improve your diet. When people participating in the study were asked to do that for breakfast, lunch and dinner, they were able to remember what they'd eaten much more accurately, a behaviour that's been shown to help with everything from weight loss to improving diet quality.



### Just Add Nature

By Rebecca Frank

National Trust GB, \$24.99

This inspirational and informative guide shows how we can all benefit from spending more time in nature. Drawing on the latest research, it shows you don't need to live in the country or have access to an abundance of green space to make valuable connections with the natural world around you. Whether it's listening to birdsong, being close to water or nurturing a houseplant, this book can help you harness nature for good.

## IS NEUROPATHY FLYING UNDER THE RADAR?

**Neuropathy is the nerve damage that causes pain and numbness in the feet and can eventually lead to falls, infection and even amputation.**

**Recent research suggests it's not only common, it's underdiagnosed.**

**Specifically, the study showed as many as three in four people living with neuropathy haven't been formally diagnosed with the condition, which is concerning**

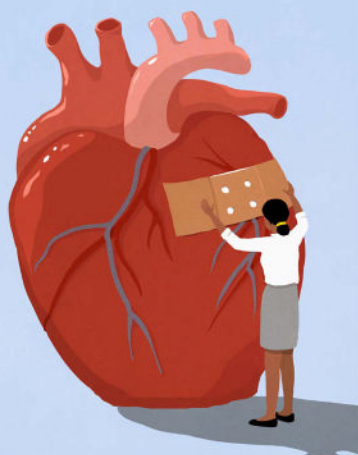
**because the earlier it's diagnosed and managed, the better. Up to 50 per cent of people with diabetes will develop neuropathy, but there are many lifestyle, dietary and other**

**factors that can be modified to lower your risk. For more information, or to take a two minute quiz to assess the**

**health of your feet, visit [footforward.org.au](http://footforward.org.au).**







## SUGAR SUBSTITUTE NOT SO SWEET FOR HEART HEALTH

Xylitol is a zero-kilojoule sweetener that's often used in low-sugar and sugar-free versions of everything from chewing gum to peanut butter as well as some toothpastes and low glycaemic index or 'diabetes friendly' foods. But recent research has made the link between higher intakes of xylitol and an increased risk of cardiovascular events, like heart attack and stroke. The same research team found a similar link between another sugar alcohol called erythritol and heart-health risk in 2023.

"This study again shows the immediate need for investigating sugar alcohols and artificial sweeteners, especially as they continue to be recommended in combatting conditions like obesity or diabetes," says lead researcher, Dr Stanley Hazen from the USA's Cleveland Clinic. "It does not mean throw out your toothpaste if it has xylitol in it, but we should be aware that consumption of a product containing high levels could increase the risk of blood clot related events."

## SICK OF PROCRASTINATING? READ THIS.

Procrastination is the enemy of getting things done and recent Japanese research has come up with an antidote. The study found that people who have an optimistic outlook on the future are far less likely to procrastinate regularly. The results also suggest that while procrastinators often scold themselves for their 'bad habit', it's actually worry about the future that's more to blame for the behaviour. The question is, if you're naturally a 'glass-half empty' person, can you turn that around? According to research the answer is yes. Everything from practising mindfulness to self-compassion can help, but one of the most effective optimism interventions is 'The best possible self' exercise. This involves regularly spending some time imagining yourself in the future after everything has gone as well as it possibly could, for example through hard work you've succeeded at accomplishing your goals. Why not give it a try and see what happens?



### Recipe Tin Eats: Tonight

By Nagi Maehashi

Macmillan Australia, \$49.99

Australia's favourite home cook is back to solve the perennial problem of what's for dinner tonight. Featuring more than 150 brand-new foolproof, flavour-packed recipes and 800 variations on those recipes, there are crave-worthy crowd-pleasers, some that can be cooked in 20 minutes and others featuring only pantry staples.

This is a book for every cooking ability and budget for every single night of the week.



Q&A ASK DR MARSH

### Q: I'm travelling overseas next month. Can you give me some tips for managing my diet and diabetes during my travels?

**Dr Marsh says:** Different foods, time zone changes and changes to your routine and activity levels can all make managing your diabetes while travelling more challenging. Here are a few tips that should help:

- ▶ If you take insulin or diabetes medications that require you to eat at regular times, speak to your doctor or diabetes educator about managing time zone changes during your travels.
- ▶ Learn about the foods available in the places you are visiting so you know what to expect, particularly if the local diet differs from what you usually eat at home.
- ▶ Consider staying in self-contained accommodation so you can prepare some of your own meals rather than relying on eating all of your meals out.
- ▶ Consider packing your own healthy snacks, particularly if you think they will be hard to find in the places you are travelling. These can also be handy during your flight in case you don't get a suitable meal or meals don't arrive at the times you need to eat. Try snack-sized packs of nuts, trail mix or roasted chickpeas.
- ▶ If you are taking insulin or oral medications that can cause hypos, take plenty of supplies to treat a hypo, for example glucose tablets, gels or jellybeans.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator





**Q: I was super fit in my younger years, but an injury in my early 40s meant I became pretty sedentary. Now, in my mid 50s, I've been diagnosed with diabetes and am keen to get moving again but I can't shake the mindset that if I can't do hard, intense workouts like I used to, there's no point. Help!**

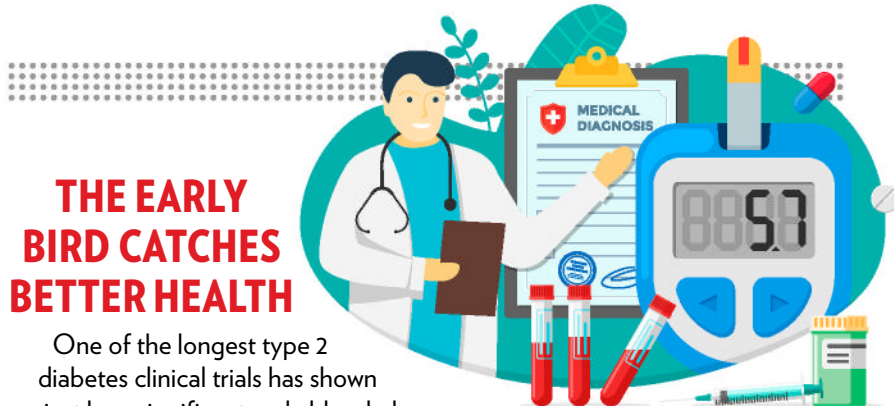
**Drew says:** I know it can be discouraging to compare yourself to how you once were in your younger years, but I've got good news for you – there are so many different ways that you can move to promote good health and manage your diabetes. It works because exercise improves insulin sensitivity and increases muscle glucose uptake. Walking after meals is one of the best ways to flatten the blood glucose curve. It doesn't require much effort or intensity but is very effective.

If you want to optimise your exercise toolkit, try adding resistance training, for example light weights or body weight exercises; cardio, like a stationary bike; and mobility exercises, such as yoga or pilates; and you'll set yourself up for long-term success. You can also play sports like golf or tennis if you find it difficult to adhere to structured exercise. Anything that promotes blood flow, increases your heart rate and contracts your muscles is much better than doing nothing!

Drew Harrisberg, exercise physiologist & diabetes educator



**World Sight Day falls on October 12** and it's a good reminder to consider your eye health if you're living with diabetes. The fact is, many Australians lose part or all of their sight as a result of diabetic retinopathy and one explanation is the fact that nearly half of all Australians living with diabetes aren't having regular eye checks. In the early stages of diabetic retinopathy, there may be no symptoms which means it can remain undiagnosed until it's advanced. The takeaway? It's crucial to have your eyes tested at least once every two years to pick up early signs of damage and help prevent vision loss. Visit [keepsight.org.au](https://keepsight.org.au) to sign up for free diabetes eye check reminders.



## THE EARLY BIRD CATCHES BETTER HEALTH

One of the longest type 2 diabetes clinical trials has shown just how significant early blood glucose management is for long-term health. When

people were able to get good management as early as possible, they minimised their lifetime risk of developing diabetes-related complications. For example, early intensive blood glucose management with insulin injections or sulfonylurea tablets led to 26% fewer complications such as kidney failure and vision loss. Similarly, achieving early intensive blood glucose management with metformin led to 31% fewer heart attacks. "These remarkable findings emphasise the critical importance of detecting and treating type 2 diabetes intensively at the earliest possible opportunity," says chief investigator of the study Professor Rory Holman from the University of Oxford. Because you can have diabetes without experiencing symptoms, you should have a diabetes test regularly if you're at a high risk of developing type 2.

**A risk calculator is available at [diabetesaustralia.com.au/risk-calculator](https://diabetesaustralia.com.au/risk-calculator).**



# HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including...



**DIABETES AUSTRALIA** This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit [diabetesaustralia.com.au](https://diabetesaustralia.com.au).

## **THE NATIONAL DIABETES SERVICES SCHEME (NDSS)**

An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit [ndss.com.au](https://ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

## **AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA)**

Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to [adea.com.au](https://adea.com.au) to use the 'Find a CDE' service or call **(02) 6173 1000**.

## **JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)**

Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to [jdrf.org.au](https://jdrf.org.au) to find out more.

**FOOT FORWARD** Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit [footforward.org.au](https://footforward.org.au)

**KEEPSIGHT** As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit [keepsight.org.au](https://keepsight.org.au)

**MYDESMOND** Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to [mydesmondaustralia.com.au](https://mydesmondaustralia.com.au) to join.

## **NATIONAL DISABILITY INSURANCE SCHEME (NDIS)**

While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit [ndis.gov.au](https://ndis.gov.au) or call **1800 800 110** for more information.





**HEALTH TIP**

To lower the fat content of this meal  
try using skinless chicken thighs.

**MONDAY**

Sticky lemon  
chicken traybake

*Recipe, page 18*

Five satisfying weeknight meals, already sorted  
for you with this collection of nutritious recipes

**5 DAYS**  
**DINNERS**



**mains**

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85

**TUESDAY**

**Calming green soup**  
*Recipe, page 18*



**WEDNESDAY** **GFO**

## SAUSAGE & SOY FRIED RICE

**PREP** 15 MINS **COOK** 30 MINS  
**SERVES** 2 (AS A MAIN)

- 2 tsp olive oil
- 2 green shallots, finely sliced
- ½ long red chilli, finely chopped
- 2 cloves garlic, finely grated
- 3cm piece ginger, peeled and finely grated
- 2 Peppercorn Extra Lean Beef Sausages, cut into bite-sized pieces
- 1 zucchini, sliced into half-moons
- 100g (⅔ cup) frozen peas
- 145g (⅔ cup) jasmine rice, cooked following packet directions, cooled (see cook's tip)
- 1 tbsp salt-reduced soy sauce or gluten-free soy sauce
- ½ tsp sesame oil

- ¼ bunch coriander, chopped
- 1 tbsp black or white sesame seeds

**1** Heat the oil in a large non-stick frying pan over medium-high heat. Add the shallots, chilli, garlic and ginger. Cook, stirring often, for 3-4 minutes or until fragrant and starting to turn golden.

**2** Add the sausage pieces to the pan and cook, stirring occasionally, for 5-6 minutes or until browned at the edges. Add the zucchini and cook, stirring often, for a further 7-8 minutes, stirring often or until the vegetables soften and the sausages are cooked through.

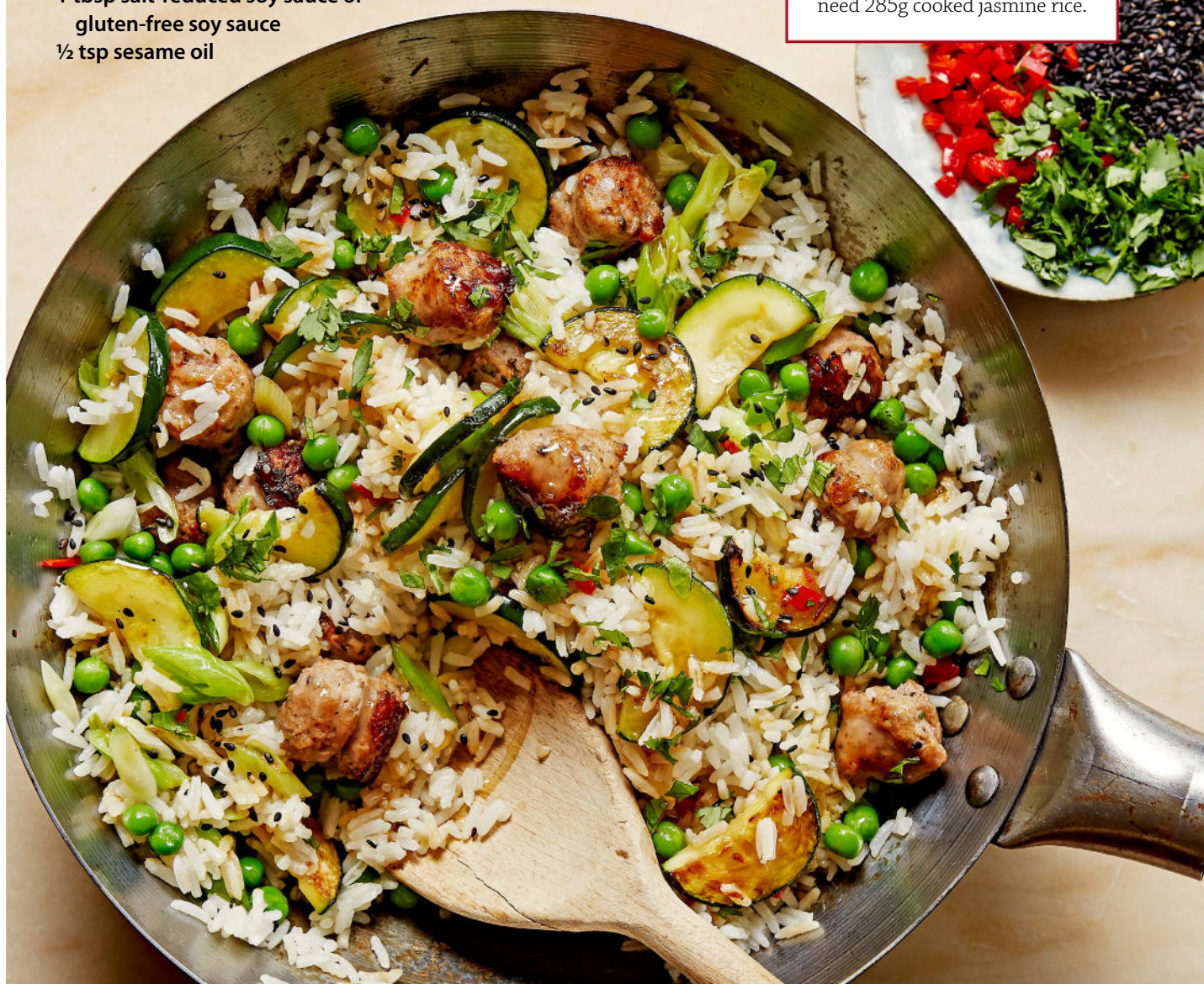
**3** Stir the peas, rice, soy sauce and sesame oil into the sausage mixture. Cook, stirring, for 4-5 minutes or until everything is piping hot. Sprinkle over the coriander and sesame seeds. Serve.

### NUTRITIONAL INFO

**PER SERVE** 2030kJ (486Cal),  
**protein** 19g, **total fat** 16g (sat. fat 3g), **carbs** 61g, **fibre** 9g, **sodium** 671mg • **Carb exchanges** 4 • **GI estimate** high • **Gluten-free option**

### COOK'S TIP

If you have any leftover cooked rice or prefer to use a pouch of cooked microwave rice you will need 285g cooked jasmine rice.





**THURSDAY** **GFO**

**NOODLES WITH CRISPY TOFU**

**PREP** 15 MINS **COOK** 25 MINS  
**SERVES** 2 (AS A MAIN)

150g firm tofu, patted dry, cut into 2cm cubes  
1 tbsp cornflour or gluten-free cornflour  
Freshly ground black pepper  
125g Mr Chen's Thick Egg Noodles  
2 tsp olive oil  
1 green shallot, sliced  
½ long red chilli, finely chopped  
2cm piece ginger, finely grated  
2 cloves garlic, finely grated  
¾ tsp Chinese five-spice powder  
½ small head broccoli, finely chopped  
1 red capsicum, sliced  
100g (⅔ cup) frozen peas

1 tbsp salt-reduced soy sauce or gluten-free soy sauce  
⅓ cup coriander leaves, chopped  
Juice of ½ lime  
1 tsp olive oil and ¼ tsp chilli flakes, combined

**1** Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Toss the tofu and cornflour together in a bowl. Season with pepper. Tip onto the lined baking tray and spread out in a single layer. Cook for 15-20 minutes or until the tofu is crisp and golden.

**2** Meanwhile, cook the noodles following pack instructions. Rinse well in cold water so they don't clump together.

**3** Heat the oil in a large non-stick frying pan over high heat. Add the green shallot, chilli, ginger and garlic. Cook, stirring, for 2 minutes. Sprinkle in the Chinese five-spice and stir to combine.

**4** Add the broccoli, capsicum and peas to the pan. Cook, stirring often, for 10-12 minutes or until softened and charring at the edges. Stir in the cooked noodles, soy sauce, coriander and half the lime juice, tossing to combine.

**5** Toss the crispy tofu with the other half of the lime juice. Divide the noodles between serving bowls and top with the crispy tofu. Drizzle with the chilli oil.

**NUTRITIONAL INFO**

**PER SERVE** 2200kJ (526Cal),  
**protein** 30g, **total fat** 17g (sat. fat 3g), **carbs** 58g, **fibre** 14g, **sodium** 708mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**





## mains

GFO

### STICKY LEMON CHICKEN TRAYBAKE

PREP 10 MINS COOK 50 MINS SERVE 2 (AS A MAIN)

300g Zerella Spud Lite Potatoes, chopped  
1 small red onion, sliced  
2 heads baby bok choy, trimmed, cut into quarters  
Freshly ground black pepper  
2 skin-on and bone-in chicken thighs  
1 tbsp honey  
Juice and zest of ½ lemon  
2 tsp fish sauce  
2cm piece ginger, grated  
½ long red chilli, thinly sliced  
¼ cup coriander, roughly chopped  
1 green shallot, sliced

1 Preheat oven to 180°C (fan-forced). Line a large roasting tin with non-stick baking paper. Put the potatoes, red onion and bok choy in the lined tin. Spray with cooking spray and season with black pepper. Nestle the chicken thighs on top.

2 Put the honey, lemon juice and zest, fish sauce and ginger in a small bowl. Stir to combine. Spoon the sauce over the chicken. Cover with foil and bake for 30 minutes.

3 Remove the foil and increase the temperature to 200°C (fan-forced). Roast for a further 20 minutes or until the chicken is cooked through.

4 Sprinkle the chicken with the chilli, coriander and green shallots. Serve.

#### NUTRITIONAL INFO

**PER SERVE** 2350kJ (562Cal), **protein** 32g, **total fat** 34g (sat. fat 10g), **carbs** 29g, **fibre** 7g, **sodium** 665mg  
• Carb exchanges 2 • GI estimate medium • Gluten-free option

GFO

LC

### CALMING GREEN SOUP

PREP 10 MINS COOK 40 MINS SERVES 2 (AS A MAIN)

3 tsp olive oil  
1 red onion, chopped  
1 clove garlic, finely grated or crushed  
1 tsp cumin seeds  
1 zucchini, roughly chopped  
150g Zerella Spud Lite Potato, roughly chopped  
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock  
125ml (½ cup) water  
Freshly ground black pepper  
150g (1 cup) frozen peas  
200g baby spinach leaves  
Small handful mint leaves, roughly chopped, a few leaves left whole, to serve  
75g (⅓ cup) low-fat natural yoghurt, whisked until smooth, to serve  
2 slices Burgen Lower Carb High Protein Sunflower & Linseed Bread

1 Heat the oil in a large, deep saucepan over medium heat. Add the onions and cook, stirring occasionally, for 10-12 minutes or until softened but not golden. Add the garlic, cumin seeds, zucchini and potato. Cook, stirring often, for 5 minutes. Pour over the stock and water. Season with pepper.

2 Bring the soup to the boil over high heat. Reduce heat to medium and simmer for 15-20 minutes, or until the potatoes are very soft.

3 Add the peas and spinach to the pan. Cook, stirring, until the spinach wilts. Sprinkle in the chopped mint and cook for a further 3 minutes. Use a handheld blender to blend until smooth (alternatively, transfer the soup to a blender or food processor).

4 Divide the soup between serving bowls. Season with pepper. Top with the yoghurt and reserved whole mint leaves. Serve with the bread.

#### NUTRITIONAL INFO

**PER SERVE** 1510kJ (360Cal), **protein** 24g, **total fat** 15g (sat. fat 2g), **carbs** 23g, **fibre** 18g, **sodium** 890mg  
• Carb exchanges 1½ • GI estimate low • Gluten-free option • Lower carb



**FRIDAY** **GFO**

## MEATBALL & KALE MINESTRONE

**PREP** 10 MINS **COOK** 40 MINS  
**SERVES** 2 (AS A MAIN)

2 tsp olive oil  
1 small red onion, finely chopped  
200g lean pork mince, rolled into  
grape-sized balls  
1 clove garlic, finely grated  
½ long red chilli, sliced  
½ small head broccoli, finely  
chopped  
1 zucchini, sliced into half-moons  
100g small pasta (like ditalini) or  
gluten-free pasta  
500ml (2 cups) salt-reduced  
chicken or gluten-free stock  
250ml (1 cup) water  
50g kale, stalks removed, roughly  
chopped  
Zest and juice ½ lemon  
Freshly ground black pepper  
1 tbsp (10g) parmesan shavings

1 Heat the oil in a large, deep  
saucepan over medium heat. Add  
the onion and cook, stirring  
occasionally, for 10 minutes or the  
softened and golden at the edges.

2 Add the mince balls to the pan.  
Cook, stirring often, for 3-4 minutes  
or until golden brown. Stir in the  
garlic and chilli.

3 Add the broccoli and zucchini to  
the pan. Cook, stirring occasionally,  
for 10-12 minutes or until soft. Add  
the pasta, chicken stock and water  
to the pan. Stir to combine, then  
bring to a boil. Reduce to low.  
Cover and simmer for 8-10 minutes  
or until the pasta is almost cooked.  
Add the kale (in batches if  
necessary) and cook for a further  
2-3 minutes or until the kale is  
cooked and the pasta is al dente.  
Stir in the lemon juice and season  
with pepper.

4 Divide the soup between serving

bowls. Sprinkle over the  
lemon zest, and  
parmesan shavings.  
Serve.

### NUTRITIONAL INFO

#### PER SERVE

1870kJ (447Cal),  
**protein** 39g, **total**  
**fat** 12g (sat. fat 3g),  
**carbs** 42g, **fibre** 10g,  
**sodium** 755mg • **Carb**  
**exchanges** 3 • **GI estimate**  
low • **Gluten-free option**







# LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food?  
Take inspiration from these tasty tips

## FRUIT & VEGETABLES

**GREEN SHALLOTS** Finely chop and use in salad dressings or diagonally slice and use in salads, stir-fries and toss through steamed or roasted potatoes with some fresh herbs and freshly ground black pepper.

**POTATOES** Use to mash, steam, or cube and cook to make potato salad.

**MINT** Add to soda water with a few slices of lime for a refreshing drink. Use to make mint and lemon tea or finely shred and use dressings or add whole leaves to salads.

**KALE** Finely shred and add into soups and stir-fries. Or cut into small pieces, toss in a little olive oil and dried mixed herbs and a pinch of paprika. Spread out in a single layer on a tray lined with baking paper. Bake in oven preheated to 180°C (fan-forced) for 8-10 minutes or until crispy. Serve as a snack.

## GROCERIES

**CHICKEN STOCK** Use remaining stock in sauces or soups.

**NATURAL YOGHURT** Serve with fresh fruit, a drizzle of honey and small handful of chopped nuts for a quick and easy breakfast or snack. Use in marinades or dressings.

**EGG NOODLES** Cook following packet directions and use in soups or stir-fries.

**FIRM TOFU** Marinate and barbecue and serve with barbecued corn, vegetables and a small sourdough roll.

**SAUSAGES** Serve with mash and steamed vegies or use to make curried sausage & veg.

**PEAS** Use in salads, soups or rice dishes.

**BREAD** Use for sandwiches, to make breadcrumbs or French toast. ■



# SHOPPING LIST

## GROCERIES

- ☐ 1kg pkt jasmine rice
- ☐ 500ml carton salt-reduced vegetable stock
- ☐ 1L carton salt-reduced chicken stock
- ☐ 1 loaf Burgen Lower Carb High Protein Sunflower & Linseed Bread

## FRUIT & VEGETABLES

- ☐ ½ bunch green shallots
- ☐ 2 long red chillies
- ☐ 1 large piece fresh ginger
- ☐ 3 zucchinis
- ☐ 1 bunch coriander
- ☐ 1 medium red onion or 2 small red onions
- ☐ 1.5kg pkt Zerella Spud Lite Potatoes
- ☐ 200g baby spinach leaves
- ☐ 1 bunch mint
- ☐ 2 heads baby bok choy
- ☐ 1 lemon
- ☐ 1 small head broccoli
- ☐ 1 bunch kale
- ☐ 1 red capsicum
- ☐ 1 lime

## PANTRY

- ☐ Olive oil
- ☐ Olive oil cooking spray
- ☐ 6 cloves garlic
- ☐ Salt-reduced soy sauce
- ☐ Sesame oil
- ☐ Black or white sesame seeds
- ☐ Cumin seeds
- ☐ Black pepper
- ☐ Honey
- ☐ Fish sauce
- ☐ Small dried pasta (like ditali)
- ☐ Parmesan
- ☐ Cornflour
- ☐ Chinese 5-spice powder
- ☐ Chilli flakes

## CHILLED (FRIDGE & DELI)

- ☐ 170g tub low-fat natural yoghurt
- ☐ 300g pkt Mr Chen's Thick Egg Noodles
- ☐ 300g pkt firm tofu

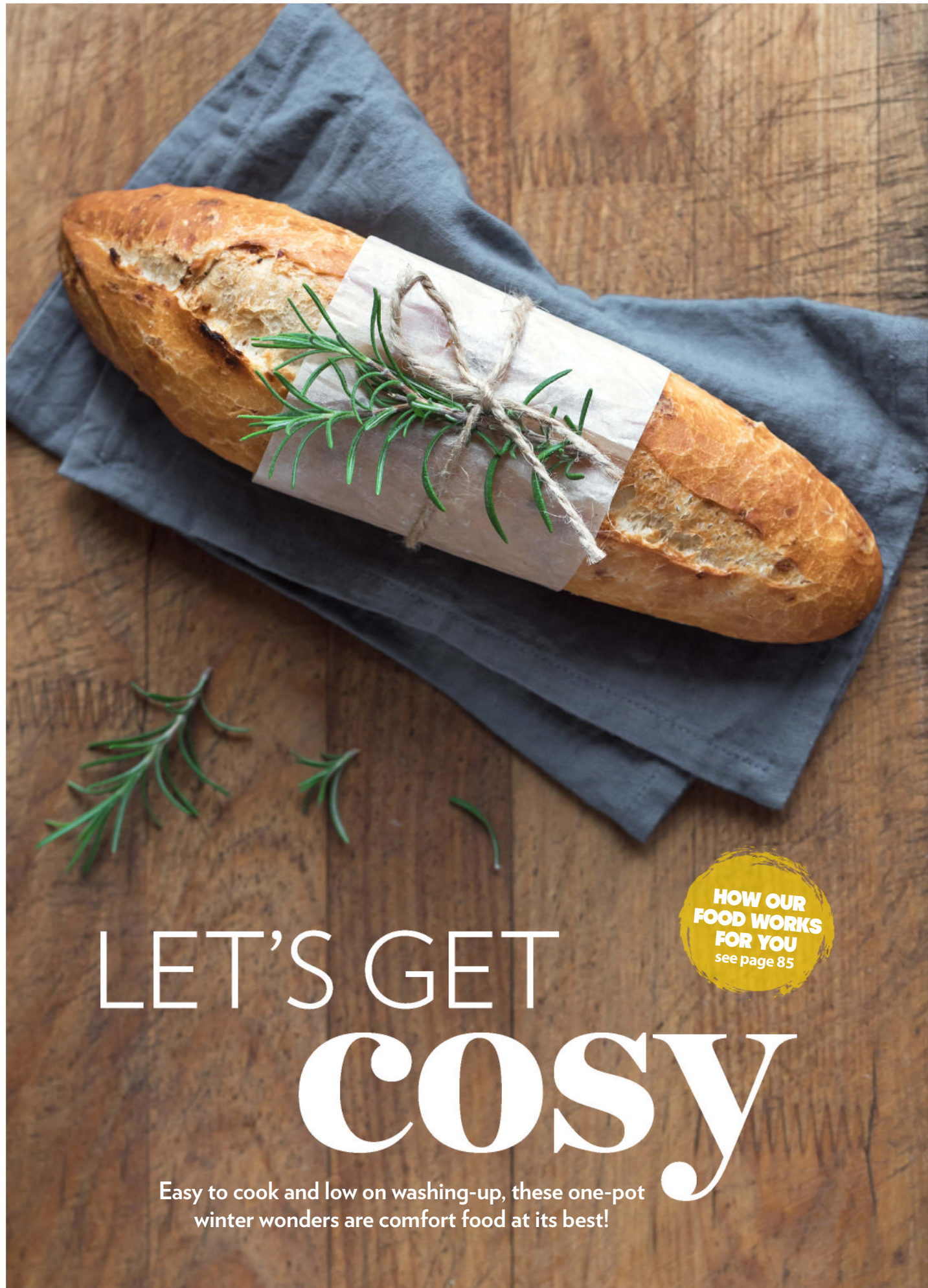
## FREEZER

- ☐ 500g pkt frozen peas

## MEAT AND POULTRY

- ☐ 450g pkt Peppercorn Extra Lean Beef Sausages
- ☐ 2 skin-on and bone-in chicken thighs
- ☐ 200g lean pork mince





# LET'S GET **cosy**

Easy to cook and low on washing-up, these one-pot winter wonders are comfort food at its best!

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85



**Meatball &  
mozzarella pan bake**  
*Recipe, page 24*



**GFO LCO**

## MEATBALL & MOZZARELLA PAN BAKE

**PREP** 35 MINS **COOK** 50 MINS  
**SERVES** 6 (AS A MAIN)

250g lean beef mince  
250g lean pork mince  
115g ( $\frac{3}{4}$  cup) fresh breadcrumbs  
or gluten-free breadcrumbs  
1 tbsp fennel seeds, crushed  
1 tsp dried oregano  
1 x 60g egg  
2 small brown onions, grated  
1 tbsp olive oil  
2 cloves garlic, crushed  
3 bay leaves  
400g can no-added-salt chopped  
tomatoes  
600ml passata  
2 tbsp tomato paste  
1 tbsp brown sugar  
1 tbsp red wine vinegar  
250g reduced-fat grated  
mozzarella  
100g ricotta  
6 slices white sourdough bread or  
gluten-free bread, to serve

1 Put the beef mince, pork mince, breadcrumbs, fennel seeds, oregano, egg and half the onion in a bowl. Season with freshly ground black pepper. Use clean hands to mix until well combined. Shape the mixture into 20 meatballs.

2 Heat 2 tsp oil in an ovenproof frying pan. Add the meatballs and cook, turning often, for 5-6 minutes or until browned. Transfer to a plate.

3 Add the remaining onion to the pan with the remaining oil. Cook, stirring occasionally, for 6-7

minutes or until the onion starts to soften. Add the garlic and cook, stirring, for 2 minutes. Add the bay leaves, tomatoes, passata, tomato paste, brown sugar and red wine vinegar to the pan. Increase heat to high and bring to a simmer. Reduce heat to medium and simmer, stirring occasionally, for 20 minutes or until the sauce reduces and thickens. Return the meatballs to the pan.

4 Mix 200g of the grated mozzarella with the ricotta. Spoon the mixture over the meatballs in dollops. Scatter over the remaining grated mozzarella.

5 Preheat oven to 170°C (fan-forced). Bake for 30 minutes or until the meatballs are cooked through and the top is golden. Set aside for 5 minutes to cool slightly. Serve with the crusty bread.

### NUTRITIONAL INFO

**PER SERVE** 2120kJ (507Cal),  
**protein** 43g, **total fat** 19g (sat. fat 8g), **carbs** 39g, **fibre** 5g, **sodium** 812mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

Omit the bread. Steam 400g green beans and 350g asparagus to serve as a side.

**PER SERVE** 1870kJ (447Cal),  
**protein** 42g, **total fat** 18g (sat. fat 8g), **carbs** 25g, **fibre** 7g, **sodium** 638mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

**GFO LC**

## SAUSAGE & FISH TRAY ROAST

**PREP** 15 MINS **COOK** 50 MINS  
**SERVES** 6 (AS A LIGHT MEAL)

12 Peppercorn Extra Lean Beef  
chipolatas  
2 brown onions, chopped  
2-3 tsp harissa, depending on how  
spicy you want it, or gluten-free  
harissa  
2 x 400g cans cherry tomatoes in  
tomato juice  
20 green olives  
6 x 150g pieces blue eye cod fillets  
or firm white boneless fish fillets  
Drizzle of extra virgin olive oil  
Freshly ground black pepper  
1 bunch flat-leaf parsley, chopped  
2 lemons, cut into wedges

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with non-stick baking paper. Put the sausages and onions in the lined roasting dish. Roast for 10 minutes.

2 Stir in the harissa, tomatoes and olives into the tomato mixture. Place the fish pieces in the sauce, drizzle with a little olive oil and season with pepper. Roast for 15-20 minutes or until the fish is cooked through. Scatter with the parsley and serve with lemon wedges on the side.

### NUTRITIONAL INFO

**PER SERVE** 1200kJ (287Cal),  
**protein** 36g, **total fat** 9g (sat. fat 2g), **carbs** 13g, **fibre** 4g, **sodium** 694mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



Sausage & fish tray roast *Recipe, opposite*







Thai red chicken curry

Recipe, page 28

*This is a deliciously  
fragrant meal with  
plenty of veg. It's  
worth that little extra  
effort to make your  
own red curry paste.*



Meatball stew with  
coriander chutney  
*Recipe, page 30*



### COOK'S TIP

We've made this stew adaptable, so use whatever you have available. Harissa gives it a Middle Eastern vibe, but if you wanted to take it in a Tex-Mex direction, you could use chipotle paste instead of harissa, and a can of kidney or black beans instead of the chickpeas.





**GFO**

## THAI RED CHICKEN CURRY

**PREP** 20 MINS **COOK** 30 MINS  
**SERVES** 4 (AS A MAIN)

- 2 tbsp olive oil
- 400ml light coconut milk
- 4 (250g) skinless and boneless chicken breast fillets
- 1 large zucchini, cut into 1.5cm rounds or roughly chopped
- 1 large eggplant, roughly chopped
- 225g can bamboo shoots, drained, sliced
- 1 tsp brown sugar
- 1 tsp fish sauce
- 2 tsp oyster sauce or gluten-free oyster sauce
- ½ tsp fresh lemon juice
- 165g (¾ cup) jasmine rice, cooked following packet directions, to serve
- 1 red chilli, sliced, to serve

### RED CURRY PASTE

- 3 dried chillies, soaked in water for 10 minutes, deseeded
- 1 bunch coriander, stem sliced, leaves picked and reserved
- 1 stalk lemongrass, white part only, thinly sliced
- Zest of ½ lime
- Small piece ginger, peeled and roughly chopped
- 1 shallot, roughly chopped
- 2 clove garlic, crushed
- 2 tbsp olive oil
- 2 tsp ground paprika
- 2 tbsp water

1 To make the red curry paste; put all the ingredients in a small food processor. Cover and blend until smooth, scraping down the side of the bowl as necessary.

2 Heat the oil in a medium saucepan over medium heat. Add the curry paste and cook, stirring,

for 2-3 minutes or until fragrant. Add 3 tablespoons of the coconut milk and the chicken. Cook, stirring, for 2-3 minutes or until the chicken has browned (but not cooked all the way through).

3 Add the remaining coconut milk, zucchini, eggplant and bamboo shoots to the pan. Stir. Simmer, stirring occasionally, for 15 minutes. Stir in the sugar, fish sauce, oyster sauce and lemon juice.

4 Divide the rice and curry between serving bowls. Scatter over the coriander leaves and sliced chilli. Serve.

### NUTRITIONAL INFO

**PER SERVE** 2120kJ (507Cal), **protein** 21g, **total fat** 28g (sat. fat 10g), **carbs** 39g, **fibre** 7g, **sodium** 299mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

**GFO** **LC**

## ROAST CHICKEN WITH CHORIZO & CHICKPEAS

**PREP** 20 MINS **COOK** 1 HOUR 30 MINS  
**SERVES** 8 (AS A MAIN)

- 2 lemons, 1 zested and halved, the other cut into wedges
- 1.5kg whole free-range chicken, cleaned and any excess fat removed
- 1 tbsp sweet paprika, plus a couple of extra pinches
- 3 tbsp olive oil
- Freshly ground black pepper
- 850g Zerella Spud Lite Potatoes, unpeeled, cut into chunks
- 220g chorizo, cut into chunks
- 1 garlic bulb, cloves removed and peeled
- 200ml white wine
- 200ml salt-reduced chicken stock

- or gluten-free stock, warmed
- 2 pinches saffron threads
- 2 x 420g cans no-added-salt chickpeas, drained and rinsed
- 1 bunch flat-leaf parsley, roughly chopped
- 300g reduced-fat Greek yoghurt

1 Preheat oven to 180°C (fan-forced). Line a roasting pan with baking paper. Put the zested, halved lemon in the chicken cavity. Mix 1 tbsp paprika with 1 tbsp oil. Season with pepper. Rub the mixture all over the chicken. Sit the chicken in the lined pan. Toss the potatoes and chorizo in the remaining oil, then scatter around the chicken. Cover with a big tent of foil and roast for 30 minutes.

2 Remove the foil and baste the chicken with the juices from the pan. Stir the lemon wedges and garlic cloves into the potatoes and chorizo. Roast, uncovered, for a further 30 minutes.

3 Meanwhile, combine the wine, stock and 1 pinch of saffron. Add the stock mixture and the chickpeas to the pan. Return to the oven for a final 30 minutes or until cooked through.

4 Stir the parsley into the pan. Mix the lemon zest, a couple of pinches of paprika and a pinch of saffron into the yoghurt. Serve with the chicken.

### NUTRITIONAL INFO

**PER SERVE** 2210kJ (529Cal), **protein** 35g, **total fat** 30g (sat. fat 9g), **carbs** 19g, **fibre** 7g, **sodium** 514mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**



# HEALTH TIP

To reduce the fat and energy content, remove the skin from the chicken before serving.



Roast chicken with chorizo & chickpeas

*Recipe, opposite*



**GFO LCO**

## MEATBALL STEW WITH CORIANDER CHUTNEY

**PREP** 20 MINS (+ 20 MINS CHILLING)  
**COOK** 40 MINS **SERVES** 4 (AS A MAIN)

1 large brown onion, grated  
500g lamb mince  
2 tsp harissa paste or gluten-free harissa paste  
Freshly ground black pepper  
1 tbsp olive oil  
2 cloves garlic, crushed  
400g can no added salt chopped tomatoes  
200ml salt-reduced chicken stock or gluten-free stock  
400g can no-added-salt chickpeas, rinsed and drained  
135g (¾ cup) quinoa, cooked following packet instructions, to serve

### CORIANDER CHUTNEY

1 bunch coriander, roughly chopped  
1 green chilli, deseeded and chopped  
1 clove garlic  
¼ tsp ground cumin  
1 tsp white wine vinegar  
1 tbsp olive oil  
½ tsp caster sugar

1 Preheat oven to 200°C (fan-forced). To make the coriander chutney, put all the ingredients in a blender with 2-3 tbsp water. Blend until as smooth as possible.

2 Put half the onion in a bowl. Add the mince and harissa. Season with pepper. Use a wooden spoon to mix until evenly combined. Place in the fridge for 20 minutes to chill.

3 Roll the mince mixture into 24 walnut-sized meatballs. Heat the oil in a non-stick deep frying pan. Add the meatballs to the pan and cook, turning occasionally, for 3-4 minutes or until well browned

(cooking in batches if necessary). Transfer the meatballs to a bowl.

4 Add the rest of the onion and the garlic to the pan. Cook, stirring often, over medium heat for 4-5 minutes or until onion softens and is golden. Stir in the rest of the harissa, the chopped tomatoes and the stock. Simmer for 10 minutes. Return the meatballs to the pan with the chickpeas. Cover and simmer for 20 minutes.

5 Divide the meatballs and quinoa between serving bowls. Drizzle with the chutney and serve.

### NUTRITIONAL INFO

**PER SERVE** 1900kJ (455Cal),  
**protein** 34g, **total fat** 20g (sat. fat 5g), **carbs** 30g, **fibre** 9g, **sodium** 157mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

### LOWER-CARB OPTION

Omit the quinoa and serve each portion with 1 cup of warm cauliflower and broccoli rice.

**PER SERVE** 1490kJ (356Cal),  
**protein** 32g, **total fat** 19g (sat. fat 5g), **carbs** 11g, **fibre** 8g, **sodium** 177mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

**LCO**

## BEEF & PUMPKIN STEW

**PREP** 25 MINS **COOK** 2 HOURS  
20 MINS **SERVES** 6 (AS A MAIN)

2 tbsp olive oil  
500g chuck beef steak or gravy beef, trimmed of excess fat, cut into chunks  
2 brown onions, chopped  
600g carrots, cut into chunks  
1 celery stick, roughly sliced

¼ small bunch of thyme  
2 bay leaves  
1½ tbsp tomato paste  
1½ tbsp plain flour  
1L (4 cups) salt-reduced vegetable stock  
250ml (1 cup) beer  
Freshly ground black pepper  
500g pumpkin, peeled, deseeded and chopped  
6 slices wholemeal sourdough bread, to serve

1 Heat the oil in a large saucepan over medium-high heat. Add half the beef and cook, turning often, for 3-4 minutes or until well browned. Transfer to a bowl. Repeat with the remaining beef. Set aside.

2 Add the onion to the same saucepan and reduce heat to medium. Cook, stirring occasionally, for 6-8 minutes or until the onion softens slightly. Stir in the carrots, celery, thyme and bay leaves. Cook, stirring, for 2 minutes. Return the beef to the pan. Stir in the tomato paste and flour. Cook, stirring, for 1 minute.

3 Pour the stock and beer into the pan. Season with pepper. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, stirring occasionally, for 1 hour. Stir in the pumpkin and cook for a further 30-60 minutes or until the vegetables and beef are tender.

4 Serve the casserole with the bread.

### NUTRITIONAL INFO

**PER SERVE** 1470kJ (352Cal),  
**protein** 25g, **total fat** 12g (sat. fat 3g), **carbs** 30g, **fibre** 8g, **sodium** 711mg • **Carb exchanges** 2 • **GI estimate** low





**Beef &  
pumpkin stew**  
*Recipe, opposite*

**LOWER-CARB OPTION**

Omit the bread and steam 2 cups (390g) broccoli florets and 2 cups (265g) cauliflower florets to be served as a side.

**PER SERVE** 1220kJ (292Cal),  
**protein** 24g, **total fat** 11g (sat. fat  
3g), **carbs** 18g, **fibre** 7g, **sodium**  
573mg • **Carb exchanges** 1½ • **GI**  
**estimate** low • **Lower carb**



GFO

## INDIAN-INSPIRED VEGETABLE PILAF

PREP 10 MINS COOK 50 MINS

SERVES 4 (AS A LIGHT MEAL)

50g light margarine  
2 large brown onions, thinly sliced  
100g green beans, halved  
2 cloves garlic, crushed  
1 tsp cumin seeds  
1 tsp ground coriander  
6 cardamom pods, squashed  
1 tsp ground turmeric  
1 bay leaf  
250g basmati rice  
450ml salt-reduced vegetable stock or gluten-free stock  
100g ( $\frac{2}{3}$  cup) frozen peas, defrosted  
100g baby spinach leaves, chopped

**1** Heat the margarine in a large, deep, frying pan over medium heat. Add the onion and cook, stirring, for 10-12 minutes or until really golden and caramelised (the onion should be soft enough that you can squash a piece between your fingers).

**2** Stir the green beans and garlic into the pan. Cook, stirring, for 2 minutes. Add the cumin seeds, coriander, cardamom pods, turmeric and bay leaves. Cook, stirring, for 2 minutes.

**3** Add the rice to the pan and stir until coated in the spices. Stir in the stock and cover with a lid. Bring to a simmer over medium heat. Reduce heat to low and cook, covered, for 12 minutes. Stir in the peas and spinach. Continue to cook, covered, for 3 minutes. Serve.

### NUTRITIONAL INFO

**PER SERVE** 1370kJ (328Cal),  
**protein** 9g, **total fat** 6g (sat. fat 3g),  
**carbs** 55g, **fibre** 6g, **sodium**  
371mg • **Carb exchanges**  $3\frac{1}{2}$   
• **GI estimate** medium • **Gluten-free option**



Indian-inspired  
vegetable pilaf  
*Recipe, opposite*

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;  
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)





# WEEKNIGHT **TRAY BAKES**

Simple, all-in-one meals that are easy to prepare



Baked ricotta with lentils & roasted  
cherry tomatoes  
*Recipe, page 36*



HOW OUR  
FOOD WORKS  
FOR YOU  
see page 85



Greek lamb tray bake  
*Recipe, page 38*



## tray bakes

GF LC

### BAKED RICOTTA WITH LENTILS & ROASTED CHERRY TOMATOES

**PREP** 15 MINS **COOK** 50 MINS  
**SERVES** 4 (AS A MAIN)

6 eschalots, quartered or 1 leek, cut into 5cm strips  
60ml (¼ cup) olive oil  
Freshly ground black pepper  
Zest and juice 1 large lemon  
1 bunch basil, roughly chopped  
1 bunch dill, roughly chopped  
2 x 400g can no-added-salt brown lentils, rinsed and drained  
150g baby spinach leaves  
4 tbsp water  
2 x 250g tubs whole ricotta or 1 x 500g piece, cut into 2 wedges  
400g cherry tomatoes on the vine

1 Preheat oven to 180°C (fan-forced). Line a roasting tin with non-stick baking paper. Put the eschalots in the lined tin. Drizzle over 1 tbsp of the oil. Season with pepper. Roast for 15 minutes or until golden brown and beginning to soften.

2 Meanwhile, to make a dressing, whisk 1½ tbsp remaining oil with the lemon zest and juice. Stir through half the herbs and season with pepper.

3 Add the lentils, eschalots, spinach and water to the tin. Toss to combine. Put the ricotta in the centre of the tin and lay the tomatoes around them. Drizzle the dressing over the lentils and shake the tin a little to combine everything. Drizzle the remaining oil over the ricotta and season with pepper. Return to the oven for 30-35 minutes or until the ricotta is firm and lightly golden.

4 Divide the lentil mixture between shallow bowls. Top with spoonfuls of the creamy ricotta and sprinkle with the remaining herbs.

#### NUTRITIONAL INFO

**PER SERVE** 1990kJ (476Cal), **protein** 23g, **total fat** 30g (sat. fat 12g), **carbs** 23g, **fibre** 11g, **sodium** 274mg • **Carb exchanges** 1½ • **GI estimate** low  
• **Gluten free** • **Lower carb**

GFO LC

### FRAGRANT COCONUT, SALMON & PRAWN TRAY BAKE

**PREP** 10 MINS **COOK** 30 MINS  
**SERVES** 4 (AS A MAIN)

2 tsp olive oil  
2 ½ tbsp Thai red curry paste or gluten-free curry paste  
2 cloves garlic, grated  
4cm piece ginger, finely grated  
600ml light coconut milk  
200ml water  
1 long red chilli, halved lengthways  
1 tbsp fish sauce  
3 lime leaves or zest of 1 lime  
4 x 120g each boneless salmon fillets, skin on  
4 baby bok choy, cut into quarters lengthways  
200g snow peas  
300g raw green king prawns, peeled and deveined  
½ bunch coriander, roughly chopped  
2 limes, cut into wedges, to serve  
110g (½ cup) Low GI White Rice, cooked following packet directions

1 Preheat oven to 180°C (fan-forced). Heat the oil in a large non-stick frying pan over medium heat. Add the curry paste, garlic and ginger. Cook, stirring, for 1 minute. Stir in the coconut milk, water and chilli. Bring to a simmer. Stir in the fish sauce and lime leaves or lime zest. Remove the pan from the heat.

2 Pour the coconut mixture into a medium roasting tin. Nestle in the salmon, bok choy and snow peas. Cover with foil and cook in oven for 15 minutes.

3 Sprinkle the prawns over the fish. Cover with foil and cook for a further 10 minutes. Sprinkle with the coriander. Serve with the lime wedges and rice.

#### NUTRITIONAL INFO

**PER SERVE** 2470kJ (590Cal), **protein** 39g, **total fat** 36g (sat. fat 15g), **carbs** 26g, **fibre** 6g, **sodium** 1050mg • **Carb exchanges** 1½ • **GI estimate** low  
• **Gluten-free option** • **Lower carb**



Fragrant coconut, salmon & prawn tray bake Recipe, opposite



GFO LC

## GREEK LAMB TRAY BAKE

**PREP** 15 MINS **COOK** 40 MINS

**SERVES** 4 (AS A MAIN)

55g ( $\frac{3}{4}$  cup) fresh white breadcrumbs or gluten-free breadcrumbs  
250g lean lamb mince  
1 x 60g egg, lightly whisked  
Freshly ground black pepper  
2 brown onions, halved  
Large handful mint, chopped  
2 large Zerella Spud Lite Potatoes, cut into wedges  
3 large zucchini, cut into batons  
200g cherry tomatoes  
2 tbsp olive oil  
50g reduced-fat feta, crumbled

**1** Preheat oven to 180°C (fan-forced). Line a large roasting tin with baking paper.

**2** Place the breadcrumbs, lamb mince and egg in a bowl. Season with pepper. Grate in half an onion and sprinkle in half the chopped mint. Use clean hands to mix until well combined. Shape the mixture into large meatballs. Place in the lined tin.

**3** Cut the remaining onion halves into wedges. Place the potatoes, zucchini and cherry tomatoes on the tin around the meatballs. Drizzle with the oil and season with pepper. Bake for 40 minutes, turning everything once, until the lamb is cooked through and the vegetables are tender.

**4** Remove the tray bake from the oven and sprinkle with the feta and remaining mint. Serve.

### NUTRITIONAL INFO

**PER SERVE** 1420kJ (340Cal), **protein** 23g, **total fat** 18g (sat. fat 4g), **carbs** 18g, **fibre** 6g, **sodium** 301mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

## CURRIED BAKED FISH WITH CAULIFLOWER & CHICKPEAS

**PREP** 15 MINS **COOK** 40 MINS

**SERVES** 4 (AS A MAIN)

1 large cauliflower, cut into florets  
1 tsp cumin seeds  
1 tsp ground turmeric  
2 tbsp olive oil  
Freshly ground black pepper  
4 cloves garlic  
5cm piece ginger, peeled  
1 tsp curry powder or gluten-free curry powder  
1 long red chilli, sliced  
2 x 420g cans no-added-salt chickpeas, drained, rinsed and patted dry with paper towel  
80g light margarine  
600g chunky white fish (such as blue eye cod), cut into 4 equal chunks  
400g baby spinach leaves  
Handful coriander, leaves picked and roughly chopped  
Large pinch garam masala

**1** Preheat oven to 200°C (fan-forced). Line a large, shallow roasting tin with baking paper. Put the cauliflower, cumin seeds, turmeric and half the oil in a large bowl. Season with pepper. Toss to coat. Spread out in a single layer in the lined tin. Roast, tossing occasionally, for 15 minutes or until the cauliflower starts to char around the edges.

**2** Meanwhile, put the garlic, ginger, curry powder and half the red chilli

in a small food processor. Season with pepper. Blitz to a paste.

**3** Stir the chickpeas, half the spice paste and most of the remaining oil through the cauliflower. Roast for a further 20 minutes, stirring once or twice.

**4** While the cauliflower and chickpeas are roasting, mix the margarine with the remaining spice paste, and spread half all over the fish.

**5** Remove the cauliflower from the oven and make four gaps in the mixture. Nestle the fish in the gaps, and dot all but 2 tsp of the remaining spiced margarine over the vegetables. Roast for a further 10-15 minutes.

**6** Heat the remaining oil in a large non-stick frying pan over high heat. Add the spinach and cook, stirring, for 3-4 minutes or until the spinach wilts. Add the reserved spiced margarine and continue to cook for 1-2 minutes. Set aside.

**7** Sprinkle the coriander, garam masala and remaining red chilli over the traybake. Serve the traybake in the middle of the table with the spinach in a bowl alongside for everyone to help themselves.

### NUTRITIONAL INFO

**PER SERVE** 2170kJ (519Cal), **protein** 45g, **total fat** 24g (sat. fat 7g), **carbs** 25g, **fibre** 11g, **sodium** 400mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**





Curried baked fish with  
cauliflower & chickpeas  
*Recipe, opposite*



GFO LCO

## FISH & PRAWN PIE WITH SAFFRON POTATOES

PREP 20 MINS COOK 50 MINS

SERVES 4 (AS A MAIN)

1 tbsp olive oil  
1 yellow capsicum, deseeded and finely chopped  
1 red capsicum, deseeded and finely chopped  
2 large cloves garlic, chopped  
2 bay leaves  
1 tbsp smoked paprika  
150ml salt-reduced vegetable stock or gluten-free stock  
500ml (2 cups) passata  
500g green prawns, peeled and deveined  
500g boneless firm white fish fillets, cut into large chunks  
9 pitted green olives, quartered  
3 tbsp chopped flat-leaf parsley  
250g broccoli, cut into florets, steamed, to serve  
250g green beans, steamed, to serve

### SAFFRON POTATOES

3 generous pinches saffron threads or 3 tsp saffron powder  
1 tbsp boiling water  
1½ tbsp olive oil  
2 large cloves garlic, finely grated  
700g Zerella Spud Lite Potatoes, thinly sliced

1 Preheat oven to 180°C (fan-forced). Warm the oil in a large non-stick frying pan over medium heat. Add the capsicums, garlic and bay leaves. Cook, stirring often, for 10 minutes or until the capsicums soften.

2 Meanwhile, to prepare the saffron potatoes, put the saffron threads in a small heatproof bowl with the boiling water, oil and garlic. Stir well until the liquid turns yellow. Set aside. Bring a large saucepan of water to the boil. Add the potato slices and cook for 5 minutes or until just tender, you want them to still hold their shape. Drain well.

3 Sprinkle the paprika over the softened capsicum. Cook, stirring, for 1 minute. Pour in the stock and passata. Simmer for 5 minutes. Remove the pan from the heat and stir in the prawn, fish, olives and parsley. Transfer the stew into a large, shallow pie dish, 30 x 20cm, and about 6.5cm deep.

4 Arrange the potato slices over the stew in an even layer. Generously brush over the saffron mixture. Bake the pie for 30-35 minutes until bubbling at the edges and the fish is cooked through. Serve with the steamed broccoli and beans.

### NUTRITIONAL INFO

PER SERVE 2140kJ (512Cal), protein 49g, total fat 18g (sat. fat 4g), carbs 29g, fibre 13g, sodium 837mg • Carb exchanges 2 • GI estimate medium • Gluten-free option

### LOWER-CARB OPTION

Replace the yellow and red capsicum with 2 green capsicums, and replace the green beans with 250g asparagus spears, gently steamed to serve.

### NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal), protein 49g, total fat 18g (sat. fat 4g), carbs 26g, fibre 13g, sodium 839mg • Carb exchanges 1½ • GI estimate medium • Gluten-free option • Lower carb

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

# GO fish

A touch of saffron elevates this pie for a meal that you can serve to guests without compromising on your healthy eating routine. Scale up to serve more



seafood



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85





## Slow Cooker

Slow cooker beef stew  
with dumplings  
*Recipe, page 46*



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85

# GADGET COMFORT FOOD





## Air-fryer

Air-fryer roast chicken

*Recipe, page 46*

### HEALTH TIP

To lower the fat of this meal,  
remove the chicken skin  
before serving.



Create hearty, family meals (or add to your freezer stash) using  
your pressure cooker, slow cooker or air fryer





## Pressure Cooker

Big-batch pressure cooker bolognese

GFO LCO

### BIG-BATCH PRESSURE COOKER BOLOGNAISE

PREP 20 MINS COOK 55 MINS  
SERVES 8 (AS A MAIN)

2 tbsp olive oil  
2 brown onions, finely chopped  
2 celery sticks, finely chopped  
2 carrots, finely chopped  
3 cloves garlic, crushed or finely grated  
300g mixed mushrooms, sliced or quartered  
1 tbsp mixed herbs  
2 bay leaves  
800g lean beef mince  
3 tbsp tomato paste  
2 x 400g cans no-added-salt chopped tomatoes  
185ml (¾ cup) red wine  
150ml salt-reduced beef stock or gluten-free stock  
500g wholemeal spaghetti or gluten-free spaghetti, cooked following packet instructions  
30g (¼ cup) grated parmesan  
Handful basil leaves, to serve

1 Heat the oil in your pressure cooker or a separate saucepan over medium-low heat. Add the onion, celery and carrot. Cook, stirring often, for 10-12 minutes or until softened but not golden. Add the garlic and cook, stirring, for 2 minutes. Stir in the mushrooms. Cook, stirring occasionally, for 10-12 minutes or until the liquid from the mushrooms has been released and evaporates.

2 Stir in the mixed herbs, bay leaves and beef mince into the pan. Cook, stirring often, for 6-8 minutes or until the mince is well browned. Add the tomato paste, chopped tomatoes, wine and stock. Bring to a simmer. Put the lid on the pressure cooker (or transfer from saucepan to pressure cooker), bring up to pressure and cook for 20 minutes.

3 Release the pressure from the pressure cooker. Divide the spaghetti between serving bowls. Spoon over the meat sauce. Sprinkle with the parmesan and basil leaves. Serve.

### NUTRITIONAL INFO

PER SERVE 2010kJ (480Cal),  
protein 35g, total fat 12g (sat. fat 4g), carbs 48g, fibre 11g, sodium 232mg • Carb exchanges 3 • GI estimate low • Gluten-free option

#### LOWER-CARB OPTION

Replace the spaghetti with 500g Slendier Soy Bean Fettucine, prepared following packet instructions.

PER SERVE 1430kJ (342Cal),  
protein 37g, total fat 12g (sat. fat 4g), carbs 12g, fibre 10g, sodium 230mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb

### COOK'S TIP

- Stock up the freezer with this comforting pasta sauce. It will keep frozen for up to 3 months so it's great to have on hand for busy weeks.
- Allow the pasta sauce to cool completely. Keep in the fridge for up to 3 days or freeze for up to 3 months.









## SLOW COOKER BEEF STEW WITH DUMPLINGS

**PREP** 20 MINS

**COOK** 5 HOURS 20 MINS –

8 HOURS 20 MINS

**SERVES** 6 (AS A MAIN)

2 tbsp olive oil

800g beef chuck steak, trimmed of fat, roughly chopped

2 brown onions, roughly chopped

4 carrots, roughly chopped

2 sticks celery, roughly chopped

150ml red wine

Few sprigs of rosemary and thyme

2 bay leaves

½ tsp Worcestershire sauce

800ml salt-reduced beef stock

Small handful flat-leaf parsley, to serve

### DUMPLINGS

150g (1 cup) self-raising flour

70g light margarine

Freshly ground black pepper

3 tbsp cold water, plus extra as needed

**1** Heat 1 tbsp of the oil in a large non-stick frying pan over medium heat. Add about one-third of the beef and cook, turning occasionally, for 3-4 minutes or until well browned. Transfer to a plate. Repeat with the remaining beef. Transfer the beef to a slow cooker.

**2** Add the remaining oil to the frying pan and heat over medium-low. Add the onion, carrot and celery. Cook, stirring occasionally, for 10-12 minutes or until softened but not golden. Add to the slow cooker.

**3** Pour the wine into the frying pan and bring to a simmer. Simmer for 2 minutes. Pour into the slow cooker. Add the herbs, bay leaves, Worcestershire sauce and stock to the slow cooker. Cover and cook on High for 4 hours or Low for 7 hours.

**4** Meanwhile (just before the stew is ready) make the dumplings; put the

flour and margarine in a bowl. Season with pepper. Mix to combine. Make a well in the centre and pour in the cold water. Stir, then gradually add a teaspoon of extra water at a time until the mix easily comes together into a soft dough.

**5** Form the dumpling dough into 12 balls and carefully place on top of the stew. Cook for a further 1 hour. Sprinkle with the parsley and serve.

### NUTRITIONAL INFO

**PER SERVE** 1860kJ (445Cal), **protein** 32g, **total fat** 21g (sat. fat 7g), **carbs** 28g, **fibre** 5g, **sodium** 730mg • **Carb exchanges** 2 • **GI estimate** medium



## AIR-FRYER ROAST CHICKEN

**PREP** 10 MINS **COOK** 55 MINS

**SERVES** 6 (AS A MAIN; WITH 4 LEFTOVER SERVES CHICKEN)

3 tbsp olive oil

1 tsp smoked paprika

1 tsp dried mixed herbs

1 tsp garlic granules

Freshly ground black pepper

2.25kg whole free-range chicken, excess fat removed, patted dry with paper towel

500g broccoli, cut into florets, steamed, to serve

5 carrots, sliced, steamed, to serve

400g snow peas, steamed, to serve

500g cauliflower, cut into florets, steamed, to serve

**1** Combine the oil, paprika, dried herbs and garlic granules in a small bowl. Season with plenty of freshly ground black pepper. Put the chicken in a large bowl, then rub the chicken all over with the spiced oil.

**2** Preheat the air-fryer to 180°C.

Carefully put the chicken into the air-fryer, breast-side down. Cook for 30 minutes, turn the chicken over and cook for a further 10 minutes. Turn the heat up to 200°C (fan-forced). Cook for a final 10-15 minutes to crisp the skin, until a temperature probe reaches 70°C when inserted at the thickest part of the chicken or the juices run clear when pierced.

### NUTRITIONAL INFO

**PER SERVE** (Chicken only) 1440kJ (344Cal), **protein** 28g, **total fat** 26g (sat. fat 7g), **carbs** 0g, **fibre** 0g, **sodium** 80mg • **Carb exchanges** 0 • **GI estimate** n/a • **Gluten free** • **Lower carb**

**PER SERVE** (Chicken + steamed vegies) 1710kJ (409Cal), **protein** 33g, **total fat** 26g (sat. fat 7g), **carbs** 8g, **fibre** 6g, **sodium** 142mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

## COOK'S TIP

It's important to check that your air-fryer will fit a whole chicken as air-fryer sizes vary. If you have a smaller air-fryer you will need to purchase a smaller chicken.

### Ideas for leftover chicken

Use the leftover chicken for weekday lunches, here are some suggestions:

- Chicken & green salad
- Chicken caesar salad
- Chicken, tomato & avo toastie
- Chicken & salad wrap
- Chicken, salsa, cheese, beans in wrap toasted as quesadilla
- Chicken fried rice
- Shredded into veg soup





HOW OUR  
FOOD WORKS  
FOR YOU  
see page 85

Pack maximum flavour into meals with spices using our handy tips and tricks

# THE SPICE IS NICE

## WHOLE VS GROUND

Whole spices are ideal if you're slow-cooking and want to infuse flavour over time. They can also add texture to a dish or act as a final garnish – things like tarka dhal and shakshuka benefit from a scattering of toasted whole spices. Ground spices can catch easily, so be careful not to fry them for too long. But, they do infuse flavour more quickly into dishes.

## STORAGE

You should always store spices in airtight containers in a cool, dry place, away from direct sunlight as this can bleach them and affect flavour. They can also be frozen in small containers if you have too much.

## POTENCY

A spice's intensity lessens over time – the flavour usually starts to degrade after about six months. While they'll still be okay to use, you may need to add more to achieve the same flavour. Before using, smell the spices – if there's no aroma, they won't impart much flavour.

## SINGLE ORIGIN

Most commercially produced spices go through a global supply chain, with spices from all over the world combined into one jar. This can result in a degraded intensity, as this process takes time, plus different grades of spices are often mixed together. Single-origin spices, on the other hand, come from one area, and usually, one supplier. This results in a strong, intensely flavoured spice. These are worth seeking out for the spices you use most often.



**1 CUMIN** is available as whole seeds or ground. It's so versatile, and provides earthiness and warmth in dishes made around the world.

**2 CORIANDER (SEEDS OR GROUND)** is aromatic and citrusy, with a hint of sweetness. It pairs well with egg mayonnaise, pickles and brines. Fry the seeds in a dry frying pan until fragrant and starting to pop, then scatter over a curry before serving.

**3 CINNAMON STICKS AND GROUND CINNAMON** alike can be used in both sweet and savoury dishes. They provide warmth and subtle sweetness – also great for sprinkling over lattes.

**4 BAY LEAVES** lend a subtle background note to slow-cooked dishes, creating depth of flavour. Try them in stews – you'll soon be able to notice when they're not present.

**5 DRIED OREGANO** can be sprinkled over finished dishes or mixed into recipes. It works very well in breads, salad dressings and marinades, as well as soups and with slow-cooked meats.

**6 CHILLI POWDER** is a great addition to savoury flavour boosters, from Tex-Mex spice rubs to curry pastes. It imparts heat and varies in spice level from mild to hot.

**7 GARLIC GRANULES** have a milder flavour than fresh garlic, and can be used in place of it. It's a good way to add garlic flavour in a more gentle way.

**8** For a spice that will impart maximum flavour in a short amount of time, **GARAM MASALA** is your best bet. Try swirling into some yoghurt with a bit of mango chutney for a dipping sauce for samosas and bhajis.

**9 CHILLI FLAKES** can be used as a garnish or seasoning – you can gradually build up how much you use to add some heat to dishes. It pairs quite well with chocolate, too – add a pinch to dark chocolate cake the next time you make it.

**10 GROUND GINGER** is usually used in baking, as its sweet heat and peppery kick provides a nice contrast to sugar.

## TURMERIC GRANOLA

**PREP** 10 MINS **COOK** 1 HOUR 5 MINS  
**MAKES** ABOUT 750G (SERVES 12/60G PER SERVE)

180g (2 cups) rolled oats  
100g (2 cups) bran flakes  
75g (¾ cup) flaked almonds  
100g (⅔ cup) mixed seeds  
130g (1 cup) raisin & nut mix  
1½ tsp ground turmeric  
½ tsp ground ginger  
100ml light olive oil  
125ml (½ cup) sugar-free maple syrup  
1 egg white (from 60g egg)

**1** Preheat oven to 120°C (fan-forced). Line a large baking tray with non-stick baking paper. Put the oats, bran flakes, almonds, mixed seeds, raisin & nut mix, turmeric and ginger in a large heatproof bowl. Use clean hands to mix until well combined.

**2** Pour the olive oil and maple syrup over the granola and stir to combine. Whisk the egg white until foamy and slightly thickened. Pour over the granola and stir again to combine.

**3** Tip the granola onto the lined tray and press down gently using a spatula. Bake for 1 hour, turning the tray around halfway through. Leave to cool completely on the tray.

### NUTRITIONAL INFO

**PER SERVE** 1140kJ (273Cal),  
**protein** 8g, **total fat** 18g (sat. fat 2g), **carbs** 19g, **fibre** 5g, **sodium** 40mg • **Carb exchanges** 1 ½ • **GI estimate** low

**SERVING SUGGESTION:** Serve with ½ cup reduced-fat Greek yoghurt, drizzled with 1 tsp sugar-free maple syrup.

**PER SERVE** 1640kJ (392Cal),  
**protein** 17g, **total fat** 21g (sat. fat 4g), **carbs** 30g, **fibre** 8g, **sodium** 184mg • **Carb exchanges** 2 • **GI estimate** low



# SPICE RACK ESSENTIALS



### COOK'S TIP

- Keep in an airtight container for up to two weeks.
- You can omit the flaked almonds or use any other finely chopped nuts you have. Pecans, hazelnuts or walnuts would all work well.
- If you don't have bran flakes, use any plain, high fibre, crunchy cereal.
- If you don't want to add cereal, you could also increase the amount of oats by 100g.

**Turmeric granola**  
*Recipe, opposite*



## HOW TO USE THEM UP

Fry crushed coriander and cumin seeds with sliced garlic in a drizzle of oil until fragrant and browned, then pour this over baked eggs, flatbreads or curries.



Ground ginger and chilli flakes can be used in place of fresh ginger and chillies if you don't have any to hand.



Cinnamon sticks can be used to infuse syrups and hot drinks, as well as curries, rice and slow-cooked meats.



Bay leaves also work well in sweet dishes – try infusing them into a custard.



Add a pinch of garlic granules to enhance the savoury flavour of dishes.



GFO

## CHICKEN & GINGER FRIED RICE

**PREP** 25 MINS (+ 30 MINS OR UP TO 4 HOURS MARINATING)

**COOK** 30 MINS **SERVES** 6 (AS A MAIN)

**500g skinless chicken thigh fillets, trimmed of fat, cut into bite-sized pieces**

**2 tbsp caster sugar**

**3 tbsp salt-reduced soy sauce or gluten-free soy sauce**

**2 tsp fish sauce**

**3 tbsp sake (see Cook's tip)**

**4cm piece ginger, peeled and finely chopped**

**300g (1½ cups) basmati rice**

**1 tbsp olive oil**

**1 salt-reduced chicken stock cube or gluten-free stock cube**

**2 star anise**

**2 tsp sesame oil**

**600ml water**

**1 tbsp sesame seeds**

**4 green shallots, finely sliced**

**Pinch chilli flakes**

**2 tbsp (10g) crispy fried onions**

**3 bunches broccolini, steamed, to serve**

**3 carrots, sliced & steamed, to serve**

**315g snow peas, steamed, to serve**

**1** Put the chicken pieces in a large bowl. Add the sugar, soy sauce, fish sauce, sake and half the ginger. Cover and put in the fridge for at least 30 minutes or up to 4 hours to marinate.

**2** Put the rice in a fine sieve and rinse thoroughly, mixing it around with your hand until the water runs clear. Set aside.

**3** Heat the oil in a large non-stick wok over medium-high heat. Add the chicken along with the marinade and cook, stirring, for 8-10 minutes or until browned all over. Use a slotted spoon to transfer the chicken to a bowl.

**4** Stir the rice into the wok and crumble in the stock cube. Add the remaining ginger, the star anise, sesame oil and water. Bring to the boil, then return the chicken and any resting juices to the pan. Reduce heat to low. Cover and cook for 15 minutes. Remove the wok from the heat set aside, covered for 10-15 minutes or until all the water has been absorbed.

**5** Divide the chicken and rice between serving plates. Top with the sesame seeds, green shallots, chilli flakes and crispy onions. Serve with the steamed veges.



**NUTRITIONAL INFO**

**PER SERVE** 1850kJ (443Cal), **protein** 25g, **total fat** 12g (sat. fat 3g), **carbs** 52g, **fibre** 6g, **sodium** 768mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

**COOK'S TIP**

You can use cooking sake that is available in the Asian section of the supermarket or regular Japanese sake.





Scratch that weekend takeaway  
itch with these three healthier  
homemade versions

**SATURDAY  
NIGHT**  
*fakeaway*



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85

*Chicken chow mein Recipe, page 54*





## CHICKEN CHOW MEIN

**PREP** 25 MINS **COOK** 15 MINS

**SERVES** 4 (AS A MAIN)

- 1 large (175g) skinless chicken breast, trimmed of fat, sliced into 1cm-thick strips
- 1 egg white (from 60g egg)
- 2 tbsp olive oil, plus 1 tsp for the marinade
- 1 eschalot, finely chopped
- 4 cloves garlic, finely chopped
- ½ brown onion, cut into thin wedges
- 2 pieces dried shiitake mushrooms, rehydrated with 125ml (½ cup) warm water for 15 minutes, sliced into 1cm strips
- 1 carrot, thickly sliced into ½ cm-thick batons
- 2 tbsp salt-reduced soy sauce or gluten-free soy sauce
- 1 tbsp cooking rice wine
- ½ tsp ground white pepper
- 1½ tsp salt-reduced chicken stock powder or gluten-free stock powder
- 1 tsp caster sugar
- 150ml water
- 500g ready-cooked egg noodles or gluten-free noodles
- ½ (400g) Chinese cabbage, thickly shredded
- 1 green shallot, cut into 2cm pieces
- 1 tbsp Worcestershire sauce or gluten-free Worcestershire sauce

**1** Put the chicken, egg white and 1 tsp oil in a bowl. Toss until the chicken is thoroughly coated. Set aside.

**2** Heat the remaining 2 tbsp oil in a large wok over medium heat. Add the eschalot and cook, stirring, for 1-2 minutes or until slightly golden in colour. Add the garlic and cook, stirring, for 30 seconds.

**3** Add the chicken to the wok and

cook, tossing, for 2-3 minutes or until the chicken changes colour. Add the onion, mushroom and carrots to the wok. Cook, tossing, for 30 seconds. Turn off the heat. Add the soy sauce, rice wine, white pepper, stock powder, sugar and water to the wok. Toss to combine. Return to high heat.

**4** Add the egg noodles to the wok. Use tongs to gently toss for about 15 seconds or until the noodles are thoroughly coated in the sauce. Place the cabbage on top, don't stir. Cover with a lid and steam for 30 seconds. Remove the lid and toss the softened cabbage. Replace the lid and steam for a further 30 seconds.

**5** Remove the lid and toss gently to combine, being careful not to break the noodles. Add the green shallot and Worcestershire sauce. Toss gently to combine. Serve.

### NUTRITIONAL INFO

**PER SERVE** 1470kJ (352Cal), **protein** 23g, **total fat** 12g (sat. fat 2g), **carbs** 36g, **fibre** 7g, **sodium** 782mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**



## SIMPLE MUSHROOM CURRY

**PREP** 15 MINS **COOK** 40 MINS

**SERVES** 4 (AS A MAIN)

- 30g light margarine
- 600g mixed mushrooms (including shiitake, brown and portobello), quartered or sliced
- 3 tbsp olive oil
- 1 tsp cumin seeds
- 1 tsp fennel seeds
- 1 large brown onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 tsp ground ginger
- ¼ tsp ground turmeric

- ½ tsp hot paprika
- ½ tsp garam masala
- 400g can no-added-salt chopped tomatoes
- 1 tsp caster sugar
- 2 tbsp reduced-fat Greek natural yoghurt
- 100ml hot water
- Freshly ground black pepper
- 2 tbsp chopped coriander
- 220g (1 cup) basmati rice, cooked following packet directions, to serve

**1** Melt the margarine in a large wok over medium-high heat. Add the mushrooms and cook, stirring often, for 10 minutes or until any moisture has evaporated and starting to brown. Transfer to a bowl and set aside.

**2** Heat the oil in the wok over medium-high heat. Add the cumin and fennel seeds. Cook, stirring, for 30 seconds or until they release a nutty aroma. Stir in the onion and cook, stirring occasionally, for 12-15 minutes until golden.

**3** Reduce heat to medium and cook, stirring, for 1 minute. Add the ginger, turmeric, paprika and garam masala. Stir in the tomatoes and sugar. Cook, uncovered, for 5-7 minutes or until the sauce thickens and a layer of oil forms around the edge of the wok.

**4** Spoon the yoghurt into a small bowl. Add a small ladleful of the hot sauce and mix well before stirring the yoghurt into the pan. Pour in the hot water and simmer for 3-4 minutes or until the curry has the consistency of double cream. Season with pepper. Return the mushrooms to the wok and stir to warm through.

**5** Scatter the curry with the chopped coriander and serve with the rice.



Simple mushroom curry Recipe, opposite

### NUTRITIONAL INFO

**PER SERVE** 1810kJ (433Cal),  
protein 10g, total fat 19g (sat. fat  
4g), carbs 51g, fibre 6g, sodium  
68mg • Carb exchanges 3½ • GI  
estimate medium • Gluten free

### LOWER-CARB OPTION

Replace the rice with 4 cups (500g)  
of warm cauliflower and broccoli rice.

### NUTRITIONAL INFO

**PER SERVE** 1160kJ (278Cal),  
protein 9g, total fat 19g (sat. fat  
4g), carbs 13g, fibre 8g, sodium  
90mg • Carb exchanges 1 • GI  
estimate low • Gluten free •  
Lower carb



## FISH AND CHIPS

**PREP** 25 MINS (+ DRYING)

**COOK** 45 MINS

**SERVES** 6 (AS A MAIN)

3 tbsp olive oil  
800g Zerella Spud Lite Potatoes  
400ml malt vinegar  
1 tbsp cornflour  
150g panko crumbs  
Zest of 1 lemon, cut into wedges  
Small handful flat-leaf parsley, chopped  
100g (2/3 cup) plain flour  
Freshly ground black pepper  
3 x 60g eggs, lightly whisked  
1 tbsp Dijon mustard  
6 x 150g boneless, skinless white fish fillets, patted dry with paper towel

### DILL MAYO

6 cornichons, finely chopped, plus a splash of the pickling liquid  
Small handful dill, finely chopped  
200g 97% fat-free mayonnaise

### MINTED CRUSHED PEAS

300g fresh or frozen peas  
25g light margarine  
Zest and juice 1 lemon  
Small handful mint leaves, chopped

**1** Preheat the oven to 210°C (fan-forced). Put a rack on the bottom shelf of the oven to heat. Pour 2 tbsp oil into a roasting tin and put on the middle shelf to heat.

**2** Meanwhile, cut the potatoes into 1cm-thick chips. Put in a large saucepan with the vinegar. Top up with water until the chips are fully submerged. Bring to the boil over high heat. Cook for 5 minutes or until the edges of the chips are tender. Drain and set aside to steam-dry in the colander for 10 minutes.

**3** Sprinkle the cornflour over the chips and toss gently to coat.

Carefully tip the chips into the hot oil in the roasting tin, in an even layer. Bake for 30-40 minutes or until golden and cooked.

**4** Heat the remaining 1 tbsp oil in a large non-stick frying pan over medium heat. Stir in the panko crumbs and cook, stirring, for 4 minutes or until lightly browned. Transfer to a bowl. Stir in the lemon zest and parsley.

**5** Put the flour in a shallow, wide bowl. Season with pepper. Whisk the egg and mustard together in another bowl. Dip the fish fillets in the flour, shaking off any excess, followed by the egg mixture and then the panko crumbs. Arrange the fish over a lightly oiled rack over a second roasting tin. Move the chips to the lower shelf of the oven and put the fish at the top.

**6** Meanwhile, to make the dill mayo, combine all the ingredients in a bowl. Season well.

**7** To make the minted crushed peas, cook the peas in a small saucepan of boiling water for 2 minutes or until tender. Drain and immediately plunge into a bowl of cold water. Set aside for 5 minutes. Drain well. Melt the margarine in a small saucepan over medium heat. Add the lemon zest and cook, stirring, for 1 minute. Add the peas and use the back of a spoon to lightly crush them. Stir in the mint and lemon juice. Season with pepper.

**8** Serve the fish, chips and peas with the dill mayo and lemon wedges on the side.

### NUTRITIONAL INFO

**PER SERVE** 2500kJ (598Cal), protein 44g, total fat 18g (sat. fat 3g), carbs 59g, fibre 7g, sodium 732mg • Carb exchanges 4 • GI estimate medium

*Classic crumbed fish and vinegar-y chips that are baked rather than fried, so you can feel better about your weekend treat meal.*





**mains**



Fish and chips Recipe, opposite



# QUICK & CLEVER SOUPS

## HEALTH TIP

To boost the fibre content, try adding additional vegetables, such as Chinese broccoli or thinly sliced carrot

Thai-inspired coconut chicken soup Recipe page 60





These hearty and warming soups don't require much prep and use up vegetables that might otherwise go to waste. Spoons at the ready!

Cauliflower & broccoli soup Recipe page 61

Vegetable soup with halloumi 'croutons' Recipe page 60

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85





## THAI-INSPIRED COCONUT CHICKEN SOUP

**PREP** 10 MINS **COOK** 25 MINS

**SERVES** 4 (AS A LIGHT MEAL)

- 1 tbsp olive oil
- 2 eschalots, finely chopped
- 1 stalk lemongrass, bashed with the flat side of a knife
- 2 cloves garlic, crushed
- 3cm piece ginger, peeled and sliced or 2 tsp grated ginger
- 1 small red chilli (or to taste, depending how spicy you like it), thinly sliced
- ½ bunch coriander, leaves picked, stalks finely chopped
- 1 tbsp Thai red curry paste or gluten-free curry paste
- 400ml can light coconut milk
- 250ml (1 cup) salt-reduced chicken stock or gluten-free stock
- 150ml water
- 2 skinless chicken breast fillets, trimmed of fat, cut into bite-size pieces
- 2 lime leaves (fresh or dried) or zest of 2 limes
- 300g button mushrooms, sliced
- 1 tbsp fish sauce
- 2 tsp caster sugar
- Juice of 1 lime

1 Heat the oil in a large, deep saucepan over medium-high heat. Add the eschalots, lemongrass, garlic, ginger, chillies, coriander stalks and curry paste. Cook, stirring, for 1-2 minutes or until the mixture is fragrant. Pour in the coconut milk, stock and water. Stir well to release any browned bits on the bottom of the pan. Reduce heat to medium-low and simmer, stirring occasionally, for 10 minutes.

2 Add the chicken and lime leaves or zest to the pan. Return to a simmer and continue to cook for a further 10 minutes or until the chicken is cooked through, adding the mushrooms for the last 5 minutes of cooking.

3 Stir the fish sauce and sugar into the pan. Stir in the lime juice, to taste. Remove the lemongrass and ginger slices and discard.

4 Divide the soup between serving bowls. Sprinkle with the coriander leaves and serve.

### NUTRITIONAL INFO

**PER SERVE** 1220kJ (292Cal), **protein** 31g, **total fat** 15g (sat. fat 8g), **carbs** 5g, **fibre** 3g, **sodium** 863mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**



## VEGETABLE SOUP WITH HALLOUMI 'CROUTONS'

**PREP** 10 MINS **COOK** 30 MINS

**SERVES** 6 (AS A LIGHT MEAL)

- 2 tbsp olive oil
- 500g frozen mixed vegetables
- 4 stalks celery, finely sliced
- 2 cloves garlic, finely chopped
- 1 tsp onion powder
- 1 tsp dried mixed herbs
- ½ x 400g can no-added-salt chopped tomatoes
- 500ml (2 cups) salt-reduced chicken stock or gluten-free stock powder
- 100ml water
- Freshly ground black pepper
- Juice of ½ lemon
- ¼ cup finely chopped flat-leaf parsley

### CROUTONS

- 1 tbsp olive oil
- 1 tbsp black or white sesame seeds
- 200g salt-reduced haloumi, patted dry with paper towel, cut into 1cm cubes

1 Heat the oil in a large saucepan over medium-high heat. Add the vegetable mix, celery and garlic. Cook, stirring often, for 10 minutes or until the vegetables soften and any excess water evaporates.

2 Add the onion powder, dried herbs, canned tomatoes, stock and water. Cover and bring to the boil. Reduce heat to medium and simmer, uncovered, for 20 minutes or until the liquid reduces slightly. Season with pepper. Stir in the lemon juice and parsley.

3 Meanwhile, to make the croutons, heat the oil in a medium non-stick frying pan over medium heat. Place the sesame seeds on a large plate. Press the halloumi pieces into the sesame seeds, turning to coat. Add to the oil and cook, turning occasionally, for 5-7 minutes or until golden brown all over.

4 Divide the soup between serving bowls. Top with the haloumi 'croutons' and serve immediately.

### NUTRITIONAL INFO

**PER SERVE** 1150kJ (275Cal), **protein** 10g, **total fat** 20g (sat. fat 8g), **carbs** 12g, **fibre** 4g, **sodium** 602mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**



GFO LC

## CAULIFLOWER & BROCCOLI SOUP

PREP 20 MINS COOK 25 MINS

SERVES 8 (AS A SNACK)

- |                                                               |                                                                     |
|---------------------------------------------------------------|---------------------------------------------------------------------|
| 1 head (700g) cauliflower                                     | Freshly ground black pepper                                         |
| 1 head (450g) broccoli                                        | PARMESAN CRUMBS                                                     |
| 2 tbsp olive oil                                              | 2 tsp olive oil                                                     |
| 1 large brown onion, finely chopped                           | 50g (1/3 cup) fresh or dried breadcrumbs or gluten-free breadcrumbs |
| 2 stalks celery, finely chopped                               | 2 tbsp mixed seeds                                                  |
| 2 carrots, finely chopped                                     | Pinch chilli flakes                                                 |
| 3 large cloves garlic, finely chopped                         | 2½ tbsp finely grated parmesan                                      |
| 2 tsp ground cumin                                            |                                                                     |
| 1 tsp ground coriander                                        |                                                                     |
| 1L (4 cups) salt-reduced vegetable stock or gluten-free stock |                                                                     |

**1** Cut the cauliflower and broccoli into bite-size florets, then finely chop the stalks. Heat the oil in a large, deep saucepan over medium heat. Add the cauliflower and broccoli stalks and leaves, onion, celery, carrot and garlic. Cook, partially covered, for 10 minutes or until the vegetables soften slightly.

**2** Remove the lid and stir in the cumin and coriander. Cook, stirring, for 1 minute. Add the stock. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook, covered, for 5 minutes. Stir in the cauliflower and broccoli florets. Continue cooking, covered, for 10 minutes or until all the vegetables are tender.

**3** Remove the pan from the heat and set aside for 5 minutes to cool slightly. Use a handheld blender to blend until thick and creamy. Season with pepper.

**4** Meanwhile, to make the parmesan crumbs, heat the oil in a small saucepan over medium heat. Add the breadcrumbs, seeds and chilli flakes. Cook, stirring often, for 4-5 minutes or until the breadcrumbs are golden and the mixture is fragrant. Remove the pan from the heat and stir in the parmesan. Season with pepper. Stir.

**5** To serve, divide the soup between serving bowls. Sprinkle with the parmesan crumbs and serve.

### NUTRITIONAL INFO

**PER SERVE** 659kJ (158Cal), **protein** 8g, **total fat** 9g (sat. fat 2g), **carbs** 9g, **fibre** 4g, **sodium** 458mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

soup





**lunch**

**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85

# HEARTY HEALTHY LUNCHes

**Shake up your lunch hour with these five  
simple, nourishing and flavoursome recipes**





Healthy salmon bowl  
*Recipe, page 64*



**GF**

## HEALTHY SALMON BOWL

**PREP** 15 MINS **COOK** 15 MINS**SERVES** 4 (AS A LIGHT MEAL)

1 tsp olive oil  
 2 tsp finely chopped ginger  
 1 large clove garlic, finely chopped  
 1 capsicum, deseeded and finely chopped  
 300g boneless salmon fillets  
 4 green shallots, finely sliced  
 250g cooked brown rice (see Cook's tip)  
 1 small avocado, peeled, halved, sliced  
 1 cucumber, halved lengthways, sliced  
 4 tsp Sriracha, to serve

### MISO DRESSING

4 tbsp kefir or natural yoghurt  
 1 tsp white miso paste  
 1 tsp honey

**1** Heat the oil in a large non-stick frying pan over medium heat. Add the ginger, garlic and capsicum. Stir. Cook, covered, for 2 minutes. Stir. Place the salmon on top. Cover and cook for a further 5 minutes or until the salmon is just cooked through.

**2** Meanwhile, to make the miso dressing, whisk all the ingredients in a small bowl.

**3** Add the green shallots to the rice with half of the miso dressing. Toss to combine. Spoon the rice mixture between serving bowls.

**4** Remove the skin from the salmon and flake the fish on top of the rice. Top with the capsicum mixture, avocado and cucumber. Drizzle over the remaining dressing and Sriracha.

### NUTRITION INFO

**PER SERVE** 1460kJ (349Cal), **protein** 21g, **total fat** 16g (sat. fat 4g), **carbs** 28g, **fibre** 5g, **sodium** 148mg  
 • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

### COOK'S TIP

If you don't have any cooked rice you can simply cook 120g raw brown rice following packet directions, allow to cool.

**GF****LC**

## RED CAPSICUM & POTATO TORTILLA

**PREP** 10 MINS **COOK** 20 MINS**SERVES** 4 (AS A LIGHT MEAL)

3 tbsp olive oil  
 2 small red capsicum, deseeded, halved and thinly sliced  
 200g Zerella Spud Lite Potatoes, unpeeled, finely sliced  
 8 x 60g eggs  
 Freshly ground black pepper

### SALAD

120g baby spinach leaves  
 200g cherry tomatoes, halved  
 1 Lebanese cucumber, chopped  
 Balsamic vinegar, to drizzle

**1** Heat 2 tbsp of the oil in a medium ovenproof frying pan over medium-low heat. Add the capsicum and potatoes and cook, covered, stirring occasionally, for 8-10 minutes or until the vegetables start to soften.

**2** Meanwhile, whisk the eggs in a large bowl. Season with pepper.

**3** Add the capsicum mixture to the eggs and stir to combine (the heat from the veg will start to cook the eggs).

**4** Preheat grill on high. Heat the remaining oil in the frying pan over medium heat. Pour in the vegetable and egg mixture. Cook, stirring occasionally with a spatula drawing the edges into the middle, for 5-6 minutes or until nearly set. Slide the pan under the grill and cook for 3-4 minutes or until just set. Slide the omelette onto a plate. Flip it back into the pan and continue to cook for 2-3 minutes or until the omelette is set, being careful not to burn it.

**5** To make the salad, toss all the ingredients in a bowl. Turn the tortilla out onto a board and set aside to cool. Cut in wedges and serve with the salad.

### NUTRITION INFO

**PER SERVE** 1460kJ (349Cal), **protein** 19g, **total fat** 24g (sat. fat 5g), **carbs** 11g, **fibre** 5g, **sodium** 224mg  
 • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**



lunch

Red capsicum &  
potato tortilla  
*Recipe, opposite*





## lunch

Indian-inspired frittata  
*Recipe, page 68*



### LOWER-CARB OPTION

Replace the mango chutney with 1 tbsp hot tomato chutney.

### NUTRITION INFO

**PER SERVE** 1190kJ (284Cal), **protein** 17g, **total fat** 10g  
(sat. fat 2g), **carbs** 25g, **fibre** 9g, **sodium** 207mg • **Carb**  
**exchanges** 1½ • **GI estimate** medium • **Gluten free** •  
**Lower carb**





GFO

## HEALTHY CHICKEN BURRITOS

**PREP** 10 MINS **COOK** 25 MINS  
**SERVES** 4 (AS A LIGHT MEAL)

- 2 tsp olive oil
- 1 large red capsicum, halved lengthways, deseeded and cut into thick strips
- 1 tsp cumin seeds
- 2 tsp Master foods Mexican Chilli Powder
- 420g can no-added-salt black beans, undrained
- $\frac{1}{2}$  x 420g can no-added-salt corn kernels, rinsed and drained
- 1 tbsp tomato paste
- 1 large clove garlic, finely grated
- 250g cooked wholegrain rice (see Cook's tip on p64)
- 300g cooked skinless chicken breast fillet, shredded
- $\frac{1}{3}$  cup coriander, chopped
- 2 small avocados, quartered
- Juice of 1 lime
- 4 large wholemeal tortilla wraps or gluten-free wraps

1 Heat the oil in a large non-stick frying pan over low heat. Add the capsicum and cook, covered, stirring occasionally, for 10 minutes or until it softens and starts to lightly char.

2 Meanwhile, put the cumin seeds

and chilli powder in a medium non-stick frying pan. Cook, stirring, for 1-2 minutes or until the spices are fragrant. Add the beans, along with their liquid, corn, tomato paste and garlic. Mix well. Increase heat to medium and bring to a simmer. Stir in the rice, chicken and coriander. Cook, stirring occasionally, for 3-4 minutes or until mixture is hot.

3 Toss the avocado and lime juice together in a bowl. Lay the tortillas out on a clean work surface. Pile the rice down the centre leaving a space at either side. Top with the capsicum mixture and avocado. Fold up the tortillas at each end to enclose the filling and tightly roll up the wrap. Put in the pan that you cooked the capsicum in, seam-side down, and cook gently on each side over low heat for 2-3 minutes to lightly toast. You may need to do this in batches.

### NUTRITION INFO

**PER SERVE** 2190kJ (524Cal),  
**protein** 31g, **total fat** 16g (sat. fat 3g), **carbs** 57g, **fibre** 12g, **sodium** 316mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**



### COOK'S TIP

The filling will keep chilled for up to a day. Leave to cool completely first. Reheat in a pan or the microwave until piping hot.



## lunch

GF LCO

### INDIAN-INSPIRED FRITTATA

PREP 15 MINS COOK 35 MINS

SERVES 2 (AS A LIGHT MEAL)

200g Zerella Spud Lite Baby Potatoes, unpeeled, sliced into 5mm-thick rounds  
100g baby spinach leaves, chopped  
2 tbsp water  
2 tsp olive oil  
1 brown onion, halved and sliced  
1 large clove garlic, finely grated  
½ tsp ground coriander  
½ tsp ground cumin  
¼ tsp black mustard seeds  
¼ tsp ground turmeric  
3 tomatoes, roughly chopped  
2 x 60g eggs  
½ long green chilli, deseeded and finely chopped  
1 small bunch coriander, finely chopped  
1 tbsp mango chutney  
3 tbsp fat-free Greek natural yoghurt

1 Cook the potatoes in a small saucepan of boiling water for 6 minutes or until just tender. Drain and leave to steam-dry.

2 Meanwhile, put the spinach in a small microwave-safe bowl with the water. Cover and cook on High/100% for 3 minutes.

3 Heat the oil in a medium non-stick frying pan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until golden and sticky. Stir in the garlic, ground coriander, cumin, mustard seeds and turmeric. Cook, stirring, for 1 minute. Add the tomatoes and wilted spinach to the pan. Cook for 3 minutes. Stir in the potatoes.

4 Preheat grill to medium. Lightly whisk the eggs, chilli and most of the fresh coriander in a bowl. Pour over the potato mixture. Grill for 4-5 minutes or until golden and just set, with a very slight wobble in the middle.

5 Set the frittata aside for 5 minutes to cool slightly. Cut into wedges. Mix the mango chutney, yoghurt and remaining fresh coriander in a small bowl. Serve with the frittata wedges.

#### NUTRITION INFO

**PER SERVE** 1250kJ (299Cal), **protein** 17g, **total fat** 10g (sat. fat 2g), **carbs** 29g, **fibre** 9g, **sodium** 268mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

GF LC

### CHEESY BROCCOLI-STUFFED POTATOES

PREP 15 MINS COOK 1 HOUR 20 MINS

SERVES 3 (AS A LIGHT MEAL)

3 (100g each) Zerella Spud Lite Potatoes, unpeeled, scrubbed  
1 tbsp olive oil  
1 small (300g) broccoli head, broken into small florets (or frozen corn or peas)  
40g light margarine  
150g (1¼ cups) reduced-fat grated cheese  
Freshly ground black pepper

1 Preheat oven to 200°C (fan-forced). Use a fork to prick the potatoes all over. Rub over the oil. Put the potatoes directly on the oven rack and bake for 1 hour or until the skin is crisp and golden and the potatoes are cooked. Set aside for 15 minutes, or until cool enough to handle.

2 Meanwhile, cook the broccoli in a saucepan of boiling water for 2-3 minutes or until just tender. Drain.

3 Cut the baked potatoes in half lengthways and use a spoon to scoop the flesh into a bowl, leaving a border. Put the skins on a baking tray lined with non-stick baking paper. Mash the potato flesh until smooth. Stir in the margarine, broccoli and two-thirds of the cheese. Season with pepper.

4 Spoon the filling into the potato skins. Top with the remaining cheese. Bake for 15-20 minutes or until golden.

#### NUTRITION INFO

**PER SERVE** 1380kJ (330Cal), **protein** 20g, **total fat** 24g (sat. fat 11g), **carbs** 7g, **fibre** 5g, **sodium** 354mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**





**Cheesy broccoli-  
stuffed potatoes**  
*Recipe, opposite*





# THE *naturally* SWEET LIFE

These recipes are fruit-based and use a sugar substitute, so there's  
no need to feel bad about indulging



**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85

**Baked apples with  
crumble topping**  
*Recipe, page 72*





## BAKED APPLES WITH CRUMBLE TOPPING

**PREP** 20 MINS **COOK** 40 MINS  
**SERVES** 4 (AS AN OCCASIONAL DESSERT)

4 large Granny Smith apples, unpeeled  
200g mixed frozen berries  
Juice of half an orange  
2 tbsp granulated sugar substitute

### CRUMBLE

2 tbsp rolled oats  
1½ tbsp wholemeal plain flour  
¼ tsp ground cinnamon  
1½ tbsp granulated sugar substitute  
3 tsp slivered almonds  
3 tsp light margarine

1 Preheat oven to 180°C (fan-forced). Line a medium roasting tray with non-stick baking paper. Cut the tops off the apples and use an apple corer or a small sharp knife to carefully remove core and 1cm of extra apple to make a hole that you are able to fill. Place the apples in the roasting tray.

2 Put the berries, orange juice and sugar substitute in a small saucepan. Cook, stirring occasionally, over medium heat for 4-5 minutes or until the berries defrost and start to soften.

3 Divide the berries between holes in the middle of the apples. Spoon any extra juice and berries over the apple. Cover the pan with a piece of non-stick baking paper and a piece of foil to secure. Bake the apples in the oven for 20-25 minutes or until the apples are almost tender.

4 Meanwhile, to make the crumble, combine the oats, flour, cinnamon, sugar substitute and almonds in a small bowl. Add the margarine and use your fingers to mix until it's well combined and sticks together.

5 Remove the foil and paper from the apples. Sprinkle the crumble over the top of the apples. Increase oven to 200°C (fan-forced) and return the apples to the oven. Bake for a further 8-10 minutes or until the crumble is golden and the apples are tender.

### NUTRITIONAL INFO

**PER SERVE** 742kJ (178Cal), **protein** 3g, **total fat** 3g (sat. fat 1g), **carbs** 30g, **fibre** 7g, **sodium** 18mg  
• **Carb exchanges** 2 • **GI estimate** low

## CINNAMON & APPLE TEA CAKE

**PREP** 20 MINS **COOK** 35 MINS **SERVES** 12 (AS A DESSERT)

80g light margarine, plus 1 tsp extra to brush  
1 tsp vanilla extract  
Zest of 1 lemon  
⅔ cup granulated sugar substitute, plus 1 tbsp extra, to sprinkle  
2 x 60g eggs  
160g (1 cup) wholemeal self-raising flour  
80g (½ cup) plain flour  
1½ tsp ground cinnamon  
125ml (½ cup) skim milk  
1 large green apple, unpeeled, quartered, core removed, finely chopped  
½ small green apple, unpeeled, core removed, sliced into wedges  
Cinnamon quills, to serve (optional)

1 Preheat oven to 170°C (fan-forced). Spray a 20cm (base measurement) round cake tin with cooking spray. Line base and side with non-stick baking paper.

2 Using electric beaters, whisk the margarine, vanilla, lemon zest and ⅔ cup sugar substitute in a medium bowl until well combined. Add eggs, one at a time, beating well between each.

3 Sift the flours and 1 tsp of the cinnamon into a medium bowl. Add half the flour mixture and half the milk to the creamed mixture. Use a wooden spoon to mix until just combined. Add the remaining flours and milk and mix until well combined. Stir in the chopped apple.

4 Spoon the batter into the cake tin and use a spoon to smooth the surface. Bake in preheated oven for 30-35 minutes or until a skewer inserted into the centre comes out clean. Set aside in the pan for 10 minutes before turning out onto a wire rack.

5 Brush the top of the cake with the extra margarine. Mix the remaining cinnamon and extra 1 tbsp sugar substitute and sprinkle over the cake. Top with sliced apples and cinnamon quills, if using. Serve warm or at room temperature.

### NUTRITIONAL INFO

**PER SERVE** 543kJ (130Cal), **protein** 4g, **total fat** 4g (sat. fat 2g), **carbs** 18g, **fibre** 2g, **sodium** 135mg  
• **Carb exchanges** 1 • **GI estimate** high





Cinnamon &  
apple tea cake  
*Recipe, opposite*



### COOK'S TIP

Keep the cake in an airtight container in the fridge for up to 3 days. Alternatively, wrap portions in plastic wrap and place in a resealable freezer bag. Label, date and freeze for up to 3 months.



## COOK'S TIP

Keep the pears and reduced poaching liquid in an airtight container in the fridge for up to 3 days.



Pears poached in  
saffron, orange &  
cardamom syrup  
*Recipe, page 76*



dessert



Citrus steamed  
puddings with  
citrus syrup  
*Recipe, page 78*



**GFO**

## PEARS POACHED IN SAFFRON, ORANGE & CARDAMOM SYRUP

**PREP** 20 MINS **COOK** 2 HOURS **SERVES** 6 (AS A DESSERT)

2.5L (10 cups) water  
1 cup granulated sugar substitute  
Zest and juice of 2 oranges  
6 cardamom pods, crushed  
2 pinches saffron threads or 1 tsp saffron powder  
6 small firm pears, peeled

### CUSTARD

1 tbsp custard powder or gluten-free custard powder  
Zest of quarter of an orange  
1 tbsp granulated sugar substitute  
200ml skim milk  
½ tsp vanilla extract

1 Put the water, sugar substitute, orange zest and juice, cardamom pods and half the saffron threads in a large saucepan. Stir over low heat until warm.

2 Increase heat to medium and bring poaching liquid to a simmer. Add the pears. Cover the top of the liquid with a round of non-stick baking paper. Cover with a lid. Reduce heat to low and cook, covered, for 1-1½ hours or until the pears are very tender.

3 Using a slotted spoon, transfer the pears to a shallow dish. Transfer 750ml (3 cups) of the liquid to a small saucepan with the second pinch of saffron. Cook over medium-high heat for 20-30 minutes, until the liquid reduces and starts to thicken.

4 Meanwhile, to make the custard, combine the custard powder, orange zest and sugar substitute in a small saucepan. Gradually whisk in the milk. Cook over medium heat, stirring often, for 5-6 minutes or until the custard thickens. Stir in the vanilla extract.

5 Serve the poached pears with some of the poaching liquid and the custard.

### NUTRITIONAL INFO

**PER SERVE** 518kJ (124Cal), **protein** 2g, **total fat** 0g (sat. fat 0g), **carbs** 23g, **fibre** 5g, **sodium** 37mg

• **Carb exchanges** 1½ • **GI estimate** low  
• **Gluten-free option**

**GF**

## VANILLA & LEMON PANNA COTTA WITH POACHED RHUBARB

**PREP** 20 MINS (+ 6 HOURS SETTING)

**COOK** 10 MINS **SERVES** 6 (AS A DESSERT)

80ml (⅓ cup) boiling water  
1 tbsp powdered gelatine  
390g (1½ cups) Greek-style natural yoghurt  
375ml (1½ cups) low-fat milk  
1 tsp vanilla bean paste  
Zest of 1 lemon  
½ cup granulated sugar substitute

### POACHED RHUBARB

250g rhubarb, ends trimmed, washed, cut into 4cm lengths  
Juice of half an orange  
2 tbsp water  
1 cinnamon stick, broken  
2 tbsp granulated sugar substitute

1 Put the boiling water in a small heatproof bowl. Sprinkle over the gelatine. Stir until the gelatine almost dissolves. Put in the microwave and cook on High/100% for 10 seconds. Stir well. Set aside.

2 Put the yoghurt, milk, vanilla bean paste, lemon zest and sugar substitute in a large bowl. Whisk well to combine. Add the gelatine and mix until well combined.

3 Pour the mixture evenly between 6 x 160ml (2/3 cup) dariole moulds. Place on a tray and put in the fridge for 6 hours, or until set.

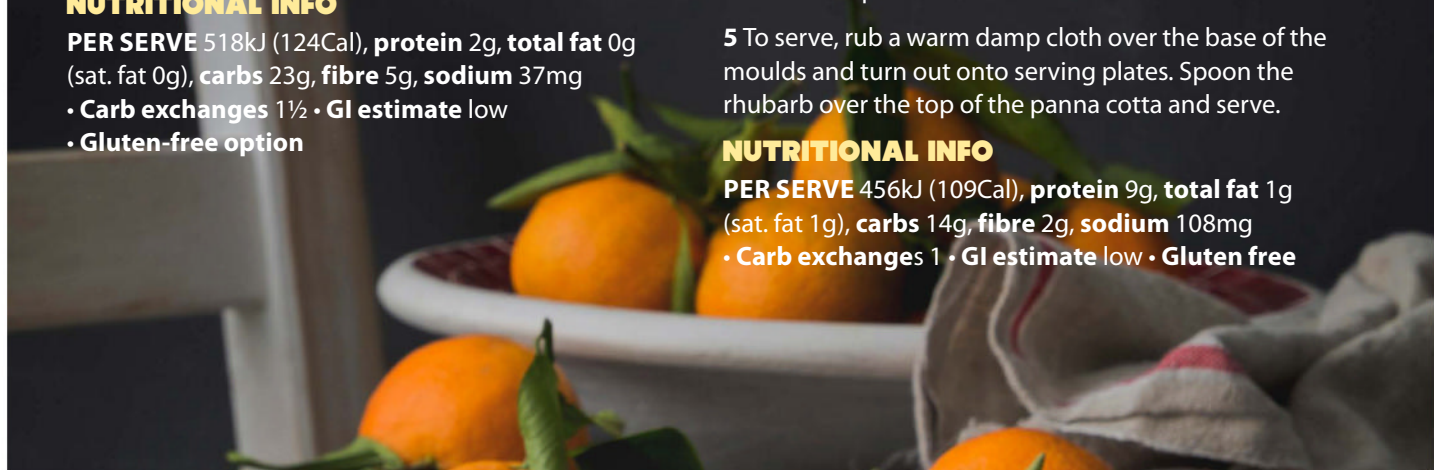
4 Meanwhile, to make the poached rhubarb, put the rhubarb, orange juice, water, cinnamon and sugar substitute in a medium saucepan. Stir over medium heat until the liquid comes to a simmer. Reduce heat to medium-low and simmer, covered, for 6-8 minutes or until the rhubarb is almost tender. Set aside, covered, for 10 minutes. Transfer to a dish and set aside to cool to room temperature.

5 To serve, rub a warm damp cloth over the base of the moulds and turn out onto serving plates. Spoon the rhubarb over the top of the panna cotta and serve.

### NUTRITIONAL INFO

**PER SERVE** 456kJ (109Cal), **protein** 9g, **total fat** 1g (sat. fat 1g), **carbs** 14g, **fibre** 2g, **sodium** 108mg

• **Carb exchanges** 1 • **GI estimate** low • **Gluten free**







Vanilla & lemon panna cotta  
with poached rhubarb  
*Recipe, opposite*



## CITRUS STEAMED PUDDINGS WITH CITRUS SYRUP

**PREP** 15 MINS **COOK** 30 MINS

**SERVES** 6 (AS AN OCCASIONAL DESSERT)

|                                          |                                                                                              |
|------------------------------------------|----------------------------------------------------------------------------------------------|
| 40g light margarine                      | yoghurt                                                                                      |
| ½ cup granulated sugar substitute        | 3 tbsp low-fat Greek-style natural yoghurt, extra, whisked until smooth, to serve (optional) |
| 2 tbsp fresh orange juice                |                                                                                              |
| 2 tbsp fresh lemon juice                 |                                                                                              |
| 60g egg, at room temperature, separated  |                                                                                              |
| 1 egg white (from 60g egg)               |                                                                                              |
| 80g (½ cup) wholemeal self-raising flour | <b>CITRUS SYRUP</b>                                                                          |
| 40g (¼ cup) plain flour                  | 100ml fresh lemon juice                                                                      |
| 130g (½ cup) low-fat Greek-style natural | 100ml fresh orange juice                                                                     |
|                                          | 100ml water                                                                                  |
|                                          | ¼ cup granulated sugar substitute                                                            |

**1** Preheat oven to 150°C (fan-forced). Spray 6 x 125ml (½ cup) ovenproof ramekins or dishes with cooking spray. Line bases with a round of non-stick baking paper.

**2** Using electric beaters, beat the margarine and sugar substitute until well combined. Add the orange and lemon juice and beat until well combined. Add the egg yolk and beat to combine. Add the flours and ½ cup yoghurt and mix until just combined.

**3** Clean the beaters and whisk the egg whites until soft peaks form. Add a spoonful of the egg whites to the cake batter and mix until combined. Add the remaining egg whites and fold in until just combined.

**4** Spoon the batter evenly between the lined ramekins and smooth the surface. Place the ramekins in an ovenproof dish. Pour boiling water into the dish, so the water comes halfway up the sides of the ramekins. Cover dish with a piece of baking paper and foil. Bake in preheated oven for 25-30 minutes or until a skewer inserted into the middle comes out clean. Remove the puddings from the water.

**5** Meanwhile, to make the syrup, put the lemon juice, orange juice, water and sugar substitute in a small saucepan. Bring to simmer over medium heat. Simmer, uncovered, for 10 minutes.

**6** Turn the puddings out onto serving plates and use a fine skewer to make small holes in the puddings. Spoon the syrup evenly over the puddings. Serve warm with the extra yoghurt, if using.

### NUTRITIONAL INFO

**PER SERVE** 694kJ (166Cal), **protein** 6g, **total fat** 5g (sat. fat 2g), **carbs** 22g, **fibre** 3g, **sodium** 174mg • **Carb exchanges** 1½ • **GI estimate** high

## CHOCOLATE FUDGE BROWNIES

**PREP** 15 MINS (+ 1 HOUR COOLING)

**COOK** 30 MINS

**SERVES** 16 (AS A DESSERT)

80g (¾ cup) Dutch cocoa powder, sifted, plus extra, to serve (optional)  
50g light margarine, melted  
50g dark chocolate, finely chopped  
260g (1 cup) low-fat Greek-style natural yoghurt  
120g unsweetened strawberry and apple purée  
2 x 60g eggs, lightly whisked  
1¼ cups granulated sugar substitute  
75g (½ cup) self-raising flour  
75g (½ cup) plain flour

**1** Preheat oven to 150°C (fan-forced). Spray a 16 x 26cm (base measurement) slab tin with cooking spray. Line the tin with non-stick baking paper, allowing the paper to overhang the sides.

**2** Put the cocoa powder, margarine, chocolate, yoghurt and purée in a medium saucepan. Cook, stirring, over medium heat until the chocolate melts and the mixture is well combined. Set aside for 5 minutes to cool slightly.

**3** Add the eggs to the chocolate mixture and stir until well combined. Stir in the sugar substitute and flours. Pour the mixture into the lined tin and bake in preheated oven for 20-25 minutes, or until the brownie is just set (if you insert a skewer into the centre it will come out still sticky). Set aside in the pan for 1 hour, before transferring to a wire rack to cool.

**4** Using the paper, remove the brownie from the tin and transfer to a board. Dust with extra cocoa, if using. Cut into pieces and serve with a cup of tea or coffee.

### NUTRITIONAL INFO

**PER SERVE** 466kJ (111Cal), **protein** 4g, **total fat** 4g (sat. fat 2g), **carbs** 14g, **fibre** 2g, **sodium** 81mg • **Carb exchanges** 1 • **GI estimate** medium



Chocolate fudge  
brownies  
*Recipe, opposite*

**COOK'S TIP**

Keep the brownie in an airtight container  
for up to 5 days.



# ENERGY- BOOSTING BREAKFASTS





**HOW OUR  
FOOD WORKS  
FOR YOU**  
see page 85

Healthy pesto eggs on toast *Recipe, page 84*



Your first meal sets the tone for the rest of the day, so make sure you do it right! Break your fast with these sensational and healthy brekkie recipes.





## Slow Cooker

Slow-cooker bio yoghurt recipe, page 84

### SERVING SUGGESTIONS

- Serve 200ml yoghurt with  $\frac{1}{2}$  sliced pear and sprinkled with 3 tbsp (30g) Carman's Protein Rich Granola
- Serve 200ml yoghurt with  $\frac{1}{2}$  cup mixed fresh or defrosted frozen berries



GF LC

**HEALTHY CHOCOLATE MILKSHAKE****PREP** 5 MINS**SERVES** 2 (AS A BREAKFAST)

1 small banana, cut into quarters  
75g frozen avocado, cut into chunks  
350ml skim milk or almond milk, chilled  
2 tbsp cocoa powder  
2-3 tsp granulated sugar substitute, or to taste  
4 tbsp reduced-fat Greek yoghurt, plus 1 tbsp extra, per serve, for topping  
5g dark chocolate, finely grated, to serve

**1** Put the banana, avocado, milk, cocoa powder, sugar substitute and yoghurt in a small food processor or blender. Blend until smooth.

**2** Pour the chocolate shake between 2 tall serving glasses. Top with extra yoghurt and grated chocolate. Serve.

**NUTRITIONAL INFO**

**PER SERVE** 1050kJ (251Cal), **protein** 14g, **total fat** 9g (sat. fat 3g), **carbs** 26g, **fibre** 7g, **sodium** 149mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**







## HEALTHY PESTO EGGS ON TOAST

**PREP** 5 MINS

**COOK** 15 MINS

**SERVES** 2 (AS A BREAKFAST)

2 x 35g slices rye sourdough or gluten-free bread,  
toasted

2 x 60g eggs

170g tomatoes on-the-vine

160g baby spinach leaves

Pinch chilli flakes

### PESTO

1 clove garlic

¼ cup basil leaves

1 tbsp pine nuts

1 tbsp olive oil

2 tbsp water

1 tbsp finely grated parmesan

**1** To make the pesto, put the garlic in a small food processor with the basil, pine nuts, oil and water. Process until smooth. Stir in the parmesan. Alternatively, put all the ingredients in a small bowl and use a hand blender to blitz.

**2** Divide the toast between two serving plates. Cook the pesto in a medium non-stick frying pan over medium heat, stirring, for 30 seconds. Crack the eggs into one side of the pan, put the tomatoes in the other, and fry in the pesto until the eggs are cooked to your liking.

**3** Lift out the eggs and put each one on a slice of toast. Add the spinach to the pan with the tomatoes, turn the heat up to high and cook, stirring, for 2-3 minutes or until the spinach wilts. The tomatoes should be soft.

**4** Divide the vegetables onto each plate and sprinkle with the chilli flakes. Serve.

### NUTRITIONAL INFO

**PER SERVE** 1480kJ (354Cal), **protein** 17g, **total fat** 22g (sat. fat 4g), **carbs** 20g, **fibre** 6g, **sodium** 440mg  
• **Carb exchanges** 1½ • **GI estimate** low  
• **Gluten-free option** • **Lower carb**



## SLOW-COOKER BIO YOGHURT

**PREP** 5 MINS

**COOK** 17 HOURS 30 MINS

**MAKES** 2L (200ML PER SERVE)

2L (8 cups) whole milk

100ml Activia Probiotic Yoghurt

**1** Pour the milk into a slow cooker. Cover and heat on High until the temperature of the milk reaches 82°C (this will take a couple of hours). Turn off the slow cooker and allow the temperature to drop to 43°C (this will take 2-3 hours).

**2** Take a mugful of the warm milk and mix it with the yoghurt. Pour the mixture back into the slow cooker and stir really well. Cover with the lid, wrap the slow cooker in a big towel and then leave undisturbed for 9-12 hours until the mixture has set.

### NUTRITIONAL INFO

**PER SERVE (200ml yoghurt)** 613kJ (147Cal), **protein** 8g, **total fat** 7g (sat. fat 5g), **carbs** 13g, **fibre** 0g, **sodium** 80mg • **Carb exchanges** 1

• **GI estimate** low • **Gluten free** • **Lower carb**

**PER SERVE (200ml yoghurt with ½ cup berries)** 758kJ (181Cal), **protein** 8g, **total fat** 8g (sat. fat 5g), **carbs** 19g, **fibre** 3g, **sodium** 81mg

• **Carb exchanges** 1½ • **GI estimate** low

• **Gluten free** • **Lower carb**

**PER SERVE (200ml yoghurt, pear & granola)** 1420kJ (340Cal), **protein** 14g, **total fat** 11g (sat. fat 5g), **carbs** 41g, **fibre** 5g, **sodium** 83mg

• **Carb exchanges** 2½ • **GI estimate** low

## COOK'S TIP

• Eat on top of cereal or porridge, topped with fresh fruit, in marinades or drink in smoothies.

• If you want it thicker, for dips for example, line a large sieve with muslin and place it over a bowl, tip in the yoghurt and allow some of the whey to strain off until you get the consistency of yoghurt that you like. The longer you leave it, the thicker it will become.

• Store in the fridge for up to 2 weeks.



# Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

## Serves 2 (as a main)

We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

## Brand names

We often use product names to make it easier to find nutritionally suitable brands when shopping.

## Sugar or sugar substitute

In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

## Granulated sugar substitute

Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

## NUTRITIONAL INFO

**PER SERVE** 1460kJ (349Cal),  
protein 21g, total fat 16g (sat.  
fat 4g), carbs 28g, fibre 5g,  
sodium 148mg  
• Carb exchanges 2  
• GI estimate medium  
• Gluten free

## Optional ingredients

Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

## Choice of ingredients

When we give you the choice of two different ingredients, we analyse only the first one.

## Carb exchanges

Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

## Lower-carb option

When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

CUT OUT & KEEP

## YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

### To maintain your weight\*

**Kilojoules** 8700kJ  
**Protein** 80g  
**Total fat** 70g  
**Saturated fat** 24g  
**Carbs** 270g  
**Fibre** 30g  
**Sodium** Less than 2000mg

### To lose weight\*

**Kilojoules** 6000kJ  
**Protein** 65g  
**Total fat** 45g  
**Saturated fat** 15g  
**Carbs** 180g  
**Fibre** 30g  
**Sodium** Less than 2000mg



Healthy salmon bowl  
Recipe, page 64



# COOK, eAT, eNJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*



## WHAT ARE LOW-GI FOODS?

Choosing to eat low glycemic index (GI) foods/meals rather than high-GI options can help manage your blood glucose levels (BGLs). Low-GI foods break down slowly in the body and release glucose into the blood at a slower and steadier rate than high-GI foods. This helps avoid spikes in your BGLs and keeps you feeling fuller for longer.



### LOW-GI FOOD

**Starchy vegetables:** Orange sweet potato, chickpeas, lentils, red kidney beans

**Fruits:** Apples, oranges, plums, peaches, pears

**Wholegrains:** Barley, rye, quinoa, rolled oats and grainy breads

### HIGH-GI FOODS

**Starchy vegetables:** Potato (baked, mashed), broad beans  
**Fruits:** Lychees, watermelon, rockmelon

**White & processed grains:** Rice, quick oats, tapioca, breakfast cereals such as rice bubbles, cornflakes, white bread





## SECOND DESSERT

Toast 1 slice fruit bread or gluten-free bread and spread with 2 tsp lemon curd. Top with 3 sliced strawberries and a few shredded mint leaves.

**Serves 1.**

**PER SERVE** 615kJ (147Cal), **protein** 3g, **total fat** 2g (sat. fat 1g), **carbs** 28g, **fibre** 2g, **sodium** 87mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten-free option**

## food bites

### SUPERMARKET CRUSH

#### Funday Natural Sweets

Looking for a sweet hit, without the added sugars? Funday Natural Sweets have created a range that won't send your blood glucose levels skyrocketing and have the added benefit of prebiotic fibres. These sweet treats are based on tapioca starch and chicory root fibre, with just a touch of stevia.

Available in 50g single serve packets. Range include Gummy Snakes, Sour Cola Flavoured Bottles, and Strawberry & Cream (just a few of the yummy flavours available).

**RRP \$4.50. Available from leading supermarkets, Chemist Warehouse and selected service stations.**



## COTTAGE CHEESE SNACKS

GF LC

### CHEESE, AVOCADO & TOMATO STUFFED POTATO

Prick a small (80g) Zerella Spud Lite Potato all over with a fork. Line a microwave turntable with a double layer of baking paper. Cook the potato on High/100% for 6-7 minutes or until tender, adding an extra 60 seconds as needed. Use a small, sharp knife to cut a cross on the top of the potato and open the potato out slightly. Fill with 3 tbsp cottage cheese, ½ chopped tomato, ¼ chopped avocado, a little chopped coriander, a little lemon zest and freshly ground black pepper. **Serves 1.**

**PER SERVE** 777kJ (186Cal), **protein** 12g, **total fat** 9g (sat. fat 3g), **carbs** 11g, **fibre** 5g, **sodium** 182mg • **Carb exchanges** ½ • **GI estimate** medium • **Gluten free** • **Lower carb**

GF LC

### JAPANESE-STYLE COTTAGE CHEESE & VEGIE STICKS

Spoon 3 tbsp cottage cheese onto a plate. Sprinkle with 1 shredded sheet nori (seaweed), and 1 tsp toasted sesame seeds. Serve with 1 carrot, cut into sticks. **Serves 1.**

**PER SERVE** 623kJ (149Cal), **protein** 12g, **total fat** 5g (sat. fat 2g), **carbs** 11g, **fibre** 6g, **sodium** 245mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO

### COTTAGE CHEESE & STRAWBERRY TOAST

Top 1 x thin 25g slice toasted wholemeal sourdough bread or gluten-free bread with 2 tbsp cottage cheese. Top with 1 tbsp 100% strawberry spread. **Serves 1.**

**PER SERVE** 673kJ (161Cal), **protein** 9g, **total fat** 3g (sat. fat 2g), **carbs** 23g, **fibre** 2g, **sodium** 226mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

### BANANA SPLIT

Place half a banana in a serving bowl. Top with 2 tbsp cottage cheese and a handful of defrosted or fresh berries. Sprinkle over 1 tbsp Carmen's Protein Rich Granola and a sprinkle of cinnamon. **Serves 1.**

**PER SERVE** 697kJ (167Cal), **protein** 9g, **total fat** 4g (sat. fat 2g), **carbs** 20g, **fibre** 4g, **sodium** 113mg • **Carb exchanges** 1½ • **GI estimate** low





# Plan your week,

Wondering what to eat this week? Try these delicious meal ideas



|                  |                                                                                        |                                                      |                                                   |                                                          |
|------------------|----------------------------------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------|----------------------------------------------------------|
| H <sub>2</sub> O | Start each day with a glass of water. You should have 6-10 glasses a day,              |                                                      |                                                   |                                                          |
| Breakfast        | Slow-cooker bio yoghurt with pear & granola (p 84)                                     | Healthy chocolate milkshake (p 83)                   | Slow-cooker bio yoghurt with ½ cup berries (p 84) | Turmeric granola with yoghurt (p 48)                     |
| Snack            | 30g unsalted nuts                                                                      | 1 piece of fresh fruit                               | Cottage cheese & strawberry toast (p 87)          | 1 piece of fresh fruit                                   |
| Lunch            | Healthy chicken burritos (p 67)                                                        | Cheesy broccoli-stuffed potatoes (p 68)              | Healthy salmon bowl (p 64)                        | Red capsicum & potato tortilla (p 64)<br><i>pictured</i> |
| Optional snack   | Cauliflower & broccoli soup (p 61)                                                     | 2 Vita-weets topped with 30g reduced-fat cheese      | 2 fresh dates                                     | 30g unsalted nuts                                        |
| Dinner           | Slow cooker beef stew with dumplings (p 46)                                            | Sticky lemon chicken traybake (p 18) <i>pictured</i> | Calming green soup (p 18) <i>pictured</i>         | Sausage & soy fried rice (p 16)                          |
| Alcohol          | If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to |                                                      |                                                   |                                                          |
| Optional dessert | Baked apples with crumble topping (p 72) <i>pictured</i>                               | 60 second dessert (p 68)                             | 1 cup fresh fruit salad                           | Banana split (p 68)                                      |
| Exercise         | Aim for 20-60 minutes of moderate exercise each day.                                   |                                                      |                                                   |                                                          |



# it's easy!

| THURSDAY                                                                          | FRIDAY                                                                            | SATURDAY                                                                          |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
|  |  |  |
| depending on your exercise levels.                                                |                                                                                   |                                                                                   |
| Slow-cooker bio yoghurt with pear & granola (p 84)                                | Healthy chocolate milkshake (p 83)                                                | Healthy pesto eggs on toast (p 84)                                                |
| 1 corn thin spread with 1 tbsp peanut butter & ½ sliced apple                     | Japanese-style cottage cheese & vegie sticks (p 87)                               | Banana split (p 87)                                                               |
| Thai-inspired coconut chicken soup (p 60)                                         | Indian-inspired frittata (p 68)                                                   | Vegetable soup with halloumi 'croutons' (p 60)                                    |
| 1 cup fresh fruit salad                                                           | 1 piece of fresh fruit                                                            | 1 cup fresh fruit salad                                                           |
| Noodles with crispy tofu (p17) <i>pictured</i>                                    | Meatball & kale minestrone (p 19) <i>pictured</i>                                 | Fish and chips (p 56) <i>pictured</i>                                             |
| have a couple of alcohol-free days a week.                                        |                                                                                   |                                                                                   |
| 1 cup skim milk + 1-2tsp 30% less sugar Milo                                      | Pears poached in saffron, orange & cardamon syrup (p 76)                          | Vanilla & lemon panna cotta (p 76) <i>pictured</i>                                |
| Always discuss your exercise plans with your doctor first.                        |                                                                                   |                                                                                   |

## menu plan

### COTTAGE CHEESE PLEASE!

For many years cottage cheese has taken a back seat in the dairy department, but in recent months, this nutritious old-time favourite has been making a comeback, and for good reason! Whether you enjoy it as a snack or part of a main meal, this dairy delight will offer a range of health benefits.

Cottage cheese is well known for being rich in calcium and phosphorous, supporting strong bones and teeth. The B vitamins in cottage cheese are used in energy production and brain function.

It is packed with high-quality protein for muscle repair and growth, and helps keep you feeling fuller for longer. A half cup serving of cottage cheese (120g) contains approximately 12g protein, only 7g of carbs and is less than 3% fat.

Being low in kilojoules, cottage cheese is a perfect option for those looking for lighter nutritious foods to help with weight management goals. And with only 7g of carbs per serve, cottage cheese will have little impact on BGLs, making it a great choice for people living with diabetes.

**Cottage cheese is highly versatile and can be enjoyed as a sweet or savoury option. For easy great tasting cottage cheese recipes check out page 87.**







CLINICALLY PROVEN DIABETES  
NUTRITIONAL SUPPLEMENT

HELPS ACHIEVE TARGET  
GLUCOSE RANGE UP TO  
90% OF THE TIME<sup>\*1</sup>



Cathy Freeman

LIVING WITH TYPE 2 DIABETES  
& GOLD MEDAL OLYMPIAN

PROVEN TO PERFORM

Food for Special Medical Purposes. Use under medical supervision.

<sup>\*</sup>When used as a breakfast replacement as part of lifestyle modification, blood glucose was within the target glucose range of 3.9 - 10.0mmol/L for an average of 89.5% of the time in people with diabetes. The study utilised a previous Glucerna formulation.

Reference: 1. Peng, J., et al. *Br J Nutr* 2019; 121(5):560-566.

ANZ.2024.51499.GLU.1 (v1.0)





# living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*“Don’t wait  
for someone  
to bring you  
flowers.  
Plant your  
own garden  
and  
decorate  
your own  
soul.”*

*Luther Burbank*





# do macros matter?

Macronutrients – carbohydrates, protein and fats, are the essential building blocks of our diet. But how much of each of these nutrients should you aim to eat and does the exact balance matter for managing diabetes? DL Magazine dietitian and diabetes educator, Dr Kate Marsh, explains what macronutrients are, why they are important and what to consider when deciding on the balance of macros in your eating plan.

Cu

Mg

P



# WHAT ARE MACROS?

Macros, short for macronutrients, are the main nutrients in our diet that give us energy (kilojoules): carbohydrate, fat, and protein.

**PROTEIN** is essential for the body to function and maintain good health. It is a part of every cell in our body and we need it to build and repair tissues and to make enzymes and hormones. Protein is also important for growth and development in children and teens, and during pregnancy. As we grow older, it becomes more important for building and preserving muscle mass. But for most people, protein needs are easy to meet from your usual diet and there is no need to add extra protein from powders, bars or other manufactured 'high protein' foods, many of which are highly processed and don't necessarily provide the other nutrients found in protein-rich whole foods. It is also important to consider where your protein comes from. Avoid processed meats, choose lean cuts of red meat in small amounts and include more fish, plant proteins such as legumes, nuts and soy foods, and dairy foods.

**FATS** provide energy and essential fatty acids, help with the absorption of fat-soluble vitamins, and play an important role in the production of hormones and the structure of cell membranes. They also help to provide satiety and can enhance the flavour of

foods. But not all fats are the same for our health. Higher intakes of saturated fat worsen insulin resistance, the underlying problem in type 2 diabetes, and diets high in saturated fat are associated with an increased risk of developing type 2. Replacing saturated fat with healthier monounsaturated and polyunsaturated fat also reduces heart disease risk. This means cutting down on animal fats, palm and coconut oil and most high fat processed foods, and replacing these with the fats found in avocado, nuts, seeds, olives, olive oil and fish.

**CARBOHYDRATES** are an important fuel source. When you eat carbs, either as starches or sugars, they break down to glucose, which is absorbed into your bloodstream. Insulin then takes glucose from the bloodstream into your muscles and cells to use for energy. You may find that cutting out carbs can lead to poor energy levels and fatigue, and can make exercise difficult. Many carbohydrate-containing foods also provide important health benefits, particularly those that are minimally processed, high in fibre

and nutrient-dense, such as fruits, vegetables, wholegrains and legumes. To manage blood glucose levels and for overall health, choose these nutritious carb foods and avoid or minimise intake of refined carbs and added sugars, including sugar-sweetened drinks.

While a healthy diet can include a wide range of relative intakes of protein, carbohydrate and fat, there is evidence that major imbalances in the relative proportions of these macronutrients can increase the risk of chronic disease and affect your intake of micronutrients. Put simply, if you have too much or too little of certain macros, it can raise your chances of chronic disease or make it more difficult to get all the vitamins and minerals you need in your diet.





## nutrition



### AMDRs

The Australia and New Zealand Nutrient Reference Values (NRVs) are a set of recommendations for nutritional intake based on currently available scientific knowledge. Included in these recommendations are the Acceptable Macronutrient Distribution Ranges (AMDRs): ranges of intakes for the macronutrients (carbohydrates, fats, and proteins) that are associated with reduced risk of chronic diseases while providing adequate intakes of essential nutrients.

The AMDRs for macronutrients in Australia and NZ are:

**Carbohydrates: 45-65% of total energy intake**

**Fats: 20-35% of total energy intake**

**Proteins: 15-25% of total energy intake**

These ranges provide flexibility according to individual food preferences and nutrition goals, but eating within these ranges is likely to provide optimal long-term health outcomes and ensure that you are meeting all of your nutritional needs. While the AMDRs only focus on quantity, the quality (i.e. the types of foods you eat to get these macronutrients) is also important.







## NUTRITIOUS SOURCES OF CARBS

- ✓ Fresh fruits
- ✓ Vegetables (although non-starchy vegetables have very little carbs)
- ✓ Legumes including lentils, chickpeas and dried or canned beans
- ✓ Wholegrains such as rolled or steel-cut oats, barley, quinoa, cracked wheat (burghul), buckwheat and lower-GI varieties of brown rice
- ✓ Dense wholegrain breads (with intact grains)
- ✓ Wholemeal or wholegrain pasta or noodles
- ✓ Unsweetened dairy foods like milk and natural yoghurt



## NUTRITIOUS SOURCES OF PROTEIN

- ✓ Fish and seafood
- ✓ Lean meat and poultry
- ✓ Legumes (lentils and dried beans and peas)
- ✓ Soy foods like tofu, tempeh and soymilk
- ✓ Eggs
- ✓ Dairy foods, including cheese, milk and unsweetened yoghurt
- ✓ Nuts and seeds
- ✓ Wholegrains, particularly quinoa, buckwheat and amaranth



## NUTRITIOUS SOURCES OF FATS

- ✓ Avocado
- ✓ Nuts including almonds, walnuts, Brazil nuts, hazelnuts, cashews, peanuts, macadamia nuts, pecans
- ✓ Seeds including sunflower seeds, pumpkin seeds, sesame seeds, chia seeds and flaxseeds
- ✓ Natural nut and seed butters
- ✓ Oily fish such as salmon, sardines and mackerel
- ✓ Olives
- ✓ Extra-virgin olive oil
- ✓ Other monounsaturated or polyunsaturated oils including canola and avocado oils





### WHAT DOES THE RESEARCH SAY?

There's not much evidence to support a specific ratio of macronutrients for managing blood glucose or weight. In fact, diets with widely varying macronutrient contents have shown benefits for blood glucose, weight management and other health outcomes. Based on the most recent evidence, the American Diabetes Association (ADA) Standards of Care 2024 say that there is no specific recommended percentage of calories from carbohydrate,

protein, and fat for people with diabetes. Instead, they recommend that macronutrient distribution is based on individualised assessment of a person's eating patterns preferences and health goals.

According to the ADA guidelines, several eating patterns, including Mediterranean, DASH (Dietary Approaches to Stopping Hypertension), low-fat, carbohydrate-restricted, vegetarian, and vegan diets have shown benefits for diabetes

management. Until we have stronger evidence for particular eating patterns, they recommend focusing on the core features of the eating patterns mentioned above. This means a diet which includes non-starchy vegetables, whole fruits, legumes, minimally processed wholegrains, nuts, seeds and low-fat dairy products, and minimising consumption of red meat, added sugars including sugar-sweetened beverages, refined grains and ultra-processed foods.



## CARBS AND DIABETES

Carbohydrates are an important macronutrient for people with diabetes as carbs have the most direct effect on blood glucose levels. However, this doesn't mean that cutting out carbs is the answer to managing blood glucose levels. While there is some evidence to support the benefits of lower-carbohydrate diets, particularly for type 2 diabetes, there is currently no good evidence to support an optimal amount of carbohydrate for people with diabetes.

Diabetes Australia, the American Diabetes Association and Diabetes UK all have a similar position and recommendations around low-carb diets and diabetes. They say that low-carb

diets may have benefits for improving weight and blood glucose levels in the short-term (up to 6-12 months) for people with type 2 diabetes, but the long-term sustainability of these diets is an issue. They also say more research is needed to determine whether low-carb diets are safe and effective for those with type 1 diabetes. Finally, they suggest that pregnant or breastfeeding women, children, those with kidney disease or eating disorders, and people taking sodium-glucose cotransporter 2 inhibitors (one

class of diabetes medications) should avoid low-carb diets.

However, monitoring the carbohydrate in your diet is an important part of managing diabetes. Depending on how you manage your diabetes, learning to match your carb intake with your diabetes medications, and/or spreading your carb intake over the day can help with managing blood glucose levels. And regardless of the amount of carbohydrate you eat, it is important to focus on nutrient-dense, high-fibre, minimally processed carbohydrate foods such as vegetables, whole fruits, legumes, minimally processed whole grains and unsweetened dairy foods such as milk and yoghurt.

Ca

H<sub>2</sub>O

CO<sub>2</sub>

O<sub>2</sub>

Mg

Cu

P

### IN THE END

While macros are a key part of our diet, there's no need to focus on precise proportions of protein, fat and carbohydrate in your diet. Instead, focus on quality over quantity and prioritise incorporating nutrient-dense foods from each macronutrient group into your meals (see breakout boxes). Your dietitian can help you work out the right amounts of macros for your individual needs and how to balance your food intake with your diabetes medications to help with blood glucose management.





# DEMYSTIFYING DEMENTIA

In her new book, *Demystifying Dementia*, Rose Capp gives readers everything they need to know about what, for some people, can be a frightening condition. In this extract, she explains how you can reduce your risk of developing dementia.



# Dementia! Help!

## RISK FACTORS AND PROTECTING YOURSELF

There are numerous ways we can reduce our risk of developing dementia by making lifestyle and other changes. Some of the changes in the brain associated with dementia, particularly Alzheimer's disease, can begin in middle age. So, when we are in our thirties and forties, we can look at how to reduce our risk of dementia.

Risk factors alone are not the cause of a disease or condition, but mean you have an increased chance of developing it. The risk factors for dementia can be divided into those we can't change (non-modifiable) and those we can (modifiable). Having one or more of either type of risk factor does not mean you will definitely develop dementia. It does mean your chances of developing the condition are increased.

### NON-MODIFIABLE RISK FACTORS

The three main non-modifiable risk factors for dementia are:

- Age
- Genetics and family history
- Sex (Alzheimer's disease only)

### AGE

Dementia can occur at any age, from childhood to middle age and beyond, but most dementia is diagnosed in older age.

There are some obvious reasons for this. Damage to the brain and the resulting

symptoms can occur over many years—the longer you live, the more time there is for dementia to develop. An older person is also more likely to have other health conditions that can increase their risk—high blood pressure, heart disease, diabetes and stroke.

### GENETIC FACTORS

The role that genes play in different forms of dementia is not yet fully understood. Genes are only one of a number of different contributing factors; they may increase the risk but do not directly cause dementia to develop.

A family history of Alzheimer's disease does not guarantee that you will develop the condition, but if you have a first-degree relative (a parent or sibling) who had Alzheimer's disease in older age, there is a small increase in your relative risk compared with the rest of the population. If you have more than one first-degree relative with Alzheimer's disease, your risk is higher again.

### SEX

Women and men are at equal risk for all types of dementia other than Alzheimer's disease.

Women have a higher risk of developing Alzheimer's disease. This is thought to relate partly to the fact that, on average, women live longer than men. Fluctuating estrogen levels over a woman's life are also thought to be a

potential contributing factor.

### MODIFIABLE RISK FACTORS FOR DEMENTIA

Now for the positive part. There are a number of modifiable risk factors for dementia and changes you can make to reduce your risk of developing it. For some factors, your age when exposed to the risk plays a role in your likelihood of developing dementia, while for others, it does not matter when you are exposed—the level of increased risk remains the same.

Modifiable risk factors for dementia and the time at which the risk occurs:

- Obesity in midlife
- Hypertension (high blood pressure) in midlife
- Hearing loss in midlife
- Tobacco smoking
- Excessive alcohol consumption
- Physical inactivity
- High cholesterol
- Diabetes
- Depression
- Social isolation
- Low levels of education in early life
- Air pollution
- Traumatic brain injury

The above list might seem daunting, but the encouraging message is that making changes to improve your overall health can have a significant impact on your dementia risk.



## Some more encouraging statistics:

Around four in every ten cases of dementia worldwide could be prevented if the majority of the modifiable risk factors for dementia were eliminated.

A further 20 per cent reduction in exposure to seven key risk factors—diabetes, hypertension in midlife, obesity in midlife, physical inactivity, depression, smoking, and low educational attainment—could lead to a 15 per cent reduction in the worldwide prevalence of Alzheimer's disease by 2050.

## WHAT YOU CAN DO

The World Health Organization has developed a useful set of recommendations for the kinds of changes we can make:

- Undertake regular physical activity
- Eat a healthy, balanced diet
- Maintain a healthy weight
- Quit smoking
- Reduce alcohol intake
- Maintain an active social life
- Keep mentally stimulated
- Managing other health conditions, such as hypertension, hearing loss, diabetes and depression

In other words, the measures that maintain our good physical and mental health will also stand us in good stead for reducing the risk of dementia.

Every person's circumstances will differ, but the key message from these recommendations is clear: keep your brain and body active and stay connected.

## EXERCISE YOUR BRAIN

Cognitive stimulation—keeping your brain active and engaged—is important in dementia risk-reduction. Brainteasers have been touted as go-to solutions for warding off dementia. If that is your thing, fine, but any activity that offers a cognitive challenge, however modest, can be helpful. These can be as simple as changes in everyday activities.

Human beings are wired for routine; for many of us, routines give us certainty and security. But changing your routine can offer a useful cognitive challenge. If you are a regular walker, don't walk the same way every time—change direction, add new paths and challenge your brain to remember a new route. If you shop at the same supermarket, you know the layout well. Why not switch things up occasionally and shop somewhere unfamiliar,

where you have to concentrate to locate the products you need?

Games require concentration, strategic thinking and memory function and are a great way to challenge your brain.

Brainteasers, video games, chess, number puzzles—do whatever appeals. But here's the important bit: don't stay at the level you know you can master. Make it harder for yourself: tackle the next level up—aim for diabolical! That will give your brain a real workout.

Learning a new musical instrument or a language are particularly beneficial activities for maintaining cognitive function. Not all of us can tackle something that ambitious, but why not consider a new interest or hobby, something that involves learning new information or acquiring a different skill?





## STAY CONNECTED

We are fundamentally social animals. As many people learned during the pandemic, the social restrictions underlined how much we need and value our connection with others, from our relationships with immediate family and friends to our connections with work colleagues, community groups and other networks.

Social isolation is a significant risk factor for dementia. The reasons for social isolation are often complex, and they can be different for every person, so there are no easy solutions. If you are older, you are more likely to live alone, but the rise of single-person households across all age groups and surveys about loneliness indicate that social isolation is not limited to the older demographic. A 2023 *State of the Nation* survey found that almost one in three Australians feel lonely.



Maintaining regular contact with family members, friends and broader social networks is an important measure in reducing your risk of developing dementia. If your social circle is limited, make an attempt to expand it. Get to know your neighbours—even a brief greeting or exchange is beneficial. Over the last decade or so, researchers have conducted studies on the impact of talking to strangers. Breaking news—it's good for us! It makes us happier, more connected to our communities, mentally sharper, healthier, less lonely, and more trustful and optimistic.

Start up a conversation on the train, or chat to someone at your local shopping centre or park. Become a volunteer, join a local community group or consider a new hobby that involves engaging with others. Face-to-face social contact will potentially bring the most benefit, but if you are limited in your ability to get out and about, joining groups and communities online can also be a valuable way to keep in touch with your networks and make new social connections.

## LET'S GET PHYSICAL

As the WHO recommendations make clear, being physically active, maintaining a healthy weight and moderating your alcohol intake will benefit your general health, and particularly your cardiovascular health. This in turn will help reduce your risk of developing dementia.

The '10,000 steps a day' mantra began as a 1960s Japanese marketing ploy to sell a very early version of the pedometer. It has no scientific basis but has captured the global imagination, not to mention the fitness tracker market, and at least offers encouragement to move regularly. Recent studies have shown that fewer steps still provide a significant benefit.

The general rule of thumb for physical activity is a minimum of thirty minutes of brisk exercise five times a week, but short bursts of high-intensity exercise have been proven to provide as much benefit as, if not more benefit than, longer workouts at a moderate pace. As a nation, we don't exercise nearly enough, so the essential message is to get up and get moving! Do whatever you can, at a safe level, for as long as you can. Every bit of activity, from incidental walking to the local shops to lifting weights in the gym, is helpful and cumulative. It all adds up.







The research on the importance of healthy eating habits is equally longstanding and convincing. The Mediterranean diet has been the focus of ageing and longevity studies in recent decades. The key components of this diet—whole grains, poultry, fish, olive oil, leafy green vegetables and berries—are thought to have protective effects for cardiovascular and cognitive health. It's hard to argue against a diet that could reduce your risk of high blood pressure, heart attack, stroke and cognitive decline.

Neurotoxic effects associated with the heavy consumption of wine have been linked to an increased risk of dementia. Happily, light to moderate wine consumption, particularly red wine, appears to reduce the risk of dementia and cognitive decline, depending on age and other variables. That old adage, 'everything in moderation', still holds!

As University of Cambridge professor of clinical neuropsychology Barbara Sahakian notes, the message on diet and alcohol is clear:

'If you have a poor diet, for example one high in fat and salt, and you drink excessive alcohol, then you increase the risk of obesity, diabetes and also other illnesses, such as Alzheimer's disease.'

The harmful effects of smoking are well documented. Even if you have smoked for years, as soon as you stop, the rewards are immediate and include reducing your risk of cardiovascular disease and dementia. If you have diabetes, obesity, high blood pressure or elevated cholesterol, do monitor them and, where possible, make plans to reduce or eliminate these risk factors in consultation with your doctor.

Hearing loss has a complex and not fully understood association with dementia risk. The link is thought to be in part because of the stress associated with straining to hear in difficult conditions and the reduced auditory stimulation that results from hearing impairment. The challenges of hearing loss can also discourage conversation and engagement and potentially contribute to social isolation.

## A STEP IN THE RIGHT DIRECTION

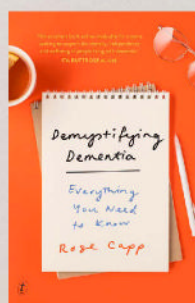
On a positive note, researchers recently compared the effects of a range of cognitive and physical activities—including reading, writing, doing crossword puzzles, playing musical instruments, dancing, walking, tennis, swimming and golf—on dementia risk reduction. Dance was the standout activity. Regular dancing reduced the risk of dementia by 76 per cent, twice as much as reading.

When you consider what is required to dance, this is perhaps not surprising. Dancing involves cognitive stimulation (learning new steps and routines), physical exertion and making social connections, ticking all the boxes for dementia risk-reduction. Interestingly, not all forms of dancing offer the same cognitive benefits. Working on memorised sequences can improve performance but it doesn't create new neural pathways. In the same way that setting yourself small cognitive challenges by changing your walking route or challenging yourself with harder Sudoku levels is positive, dancing that involves spontaneous responses in the moment was found to be the most beneficial.

Dementia specialist Associate Professor Michael Woodward advises:

'Dementia risk reduction essentially begins in your thirties and forties, so don't wait for your seventies; join sequence dancing, line dancing or anything, as early as possible.'

Why not give it a go?



This is an edited extract from *Demystifying Dementia: Everything You Need to Know* by Rose Capp (Text Publishing, \$36.99)



**1 Fit to drive**  
Whether you have type 1 or type 2, you can obtain a driver's license but you will need to provide a medical report from your doctor or specialist declaring your fitness to drive. If you take insulin you may need a new letter from your doctor every two years.

**2 Inform the authorities**  
It is your legal responsibility to advise the Driver Licensing Authority (DLA) in your state or territory if you take blood glucose lowering medications, including insulin. If you manage your diabetes with diet and exercise only, notification requirements vary, check with the DLA in your state or territory (see table, below).

**3 Insurance woes**  
It's important to tell your car insurer that you live with

diabetes. Providing accurate information is vital to getting the proper insurance policy and cover. If you don't disclose your diabetes and you have an accident, you may not be covered and be unable to make a claim.

**4 Don't drive under five**  
Check your blood glucose level before you hit the road. Your BGL should be above 5mmol/L before you are safely able to drive. Carry your blood glucose meter with you and check your BGL every two hours on long trips.

**5 Be prepared**  
Monitor yourself closely for signs of hypoglycaemia (low blood sugar). A hypo can develop quickly, with early warning symptoms such as trembling, light-headedness, hunger and headache. Carry some carbohydrate

foods or drinks (both fast- and slow-acting) with you in case you start experiencing hypo symptoms.

**6 A high matters, too**  
While not as sudden or incapacitating, high blood glucose levels can result in tiredness, blurred vision and altered decision making. If you are feeling unwell and your levels are high, it's important not to drive.

**7 Other considerations**  
Other diabetes-related complications that can impact your driving include problems with your eyes and feet. If you experience any changes to your vision, or nerve damage to your feet, it's important to get this checked out before you drive again. If you notice excessive drowsiness while driving, talk to your doctor about the possibility of sleep apnoea.

## DLA'S BY STATE AND TERRITORY

|     |                                                      |                                                                                                   |
|-----|------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| ACT | Access Canberra                                      | <a href="https://accesscanberra.act.gov.au/#/transport">accesscanberra.act.gov.au/#/transport</a> |
| NSW | Roads and Maritime Services                          | <a href="https://rms.nsw.gov.au">rms.nsw.gov.au</a>                                               |
| NT  | Northern Territory Department of Transport           | <a href="https://nt.gov.au/transport">nt.gov.au/transport</a>                                     |
| QLD | Department of Transport and Main Roads               | <a href="https://tmr.qld.gov.au">tmr.qld.gov.au</a>                                               |
| SA  | Department of Planning, Transport and Infrastructure | <a href="https://sa.gov.au/topics/drivingand-transport">sa.gov.au/topics/drivingand-transport</a> |
| TAS | Department of State Growth                           | <a href="https://transport.tas.gov.au">transport.tas.gov.au</a>                                   |
| VIC | Vic Roads                                            | <a href="https://vicroads.vic.gov.au">vicroads.vic.gov.au</a>                                     |
| WA  | Department of Transport                              | <a href="https://transport.wa.gov.au">transport.wa.gov.au</a>                                     |

NEED-TO-KNOW  
FACTS ABOUT...

# diabetes & driving

Living with diabetes doesn't mean you shouldn't have the freedom to drive a vehicle. But there are things you need to consider and some actions to take before you get behind the wheel.





# KICK THAT **HABIT**

When you start each week with the same old promise to quit smoking, drinking or any other health-harming habit, it's time to work out why you've failed so far and find a way you can break free for good.



**C**alling time on bad habits is easier said than done. It's hard to abandon a

dependable source of pleasure and comfort, especially when you feel stressed - the reason willpower alone is a poor ally.

You are more likely to win the battle if you plan your quitting campaign like a military operation. This means understanding your enemy and the threat it poses to your health and wellbeing, then marshalling the support you need to conquer it. Here's how you can get with the program and kick that habit for good.

## LIGHTING UP!

**WHY KICK IT?** One of the first questions health professionals usually ask is whether you are a smoker - with good reason.

A tobacco habit ramps up your risk of diabetes complications such as stroke, heart and kidney disease.

"People with diabetes who smoke are more likely to suffer circulation problems and blood vessel disease, especially in their feet and legs, plus nerve damage, which can lead to numbness and pain," says Fiona Sharkie, former executive director of Quit Victoria.

And, the good news? The benefits of giving up are rapid - within four days of quitting, minimal nicotine can be detected in your bloodstream.



## HOW TO QUIT SMOKING

Kicking your cigarette habit will make dramatic improvements to your health and wellbeing. Try these methods of support.

**GET CONFIDENTIAL ADVICE:** Call a Quitline counsellor (13 78 48) to significantly increase your chances of giving up successfully.

**SPEAK TO YOUR GP:** Ask your doctor for advice about quitting and withdrawal symptoms. Find out about the possibility of using prescription medication, such as bupropion, to lessen symptoms.

**REDUCE CRAVINGS:** Take nicotine replacement therapy (such as patches, chewing gum, lozenges and nasal sprays).

**FIND A QUITTING BUDDY:** If you have a friend who is also trying to quit, you can exchange tips and call on them to boost your willpower.

**CHANGE YOUR HABITS:** Avoid smoky bars, clean your teeth after each meal, get a stress ball to give your hands something to do, and replace your old ciggie breaks with herbal-tea breaks.

**HAVE A WORKOUT:** Whether you walk on the treadmill, ride your bike, swim laps or lift light weights, regular exercise can help reduce withdrawal symptoms from nicotine, according to a review of 12 studies published in the health journal *Addiction*.

**USE POSITIVE SELF-TALK:** Think confident thoughts, such as 'I can quit;' 'I don't need cigarettes;' and 'I can find better ways to cope'.



### BEING IDLE

**WHY KICK IT?** Chilling out on the lounge room couch is all too easy, but the more sedentary you become, the harder it is to reclaim your muscle tone, cardio health and bone strength to stay fit and flexible. Being active is a vital tool in preventing diabetes complications and is not the challenge it often seems. “You don’t have to drip with sweat or feel exhausted to benefit from exercise,” says Martha Lourey-Bird, sports and exercise scientist and author of ‘Exercise and the F word ... FUN!’ (\$29.95, Insight Publications).

“But you should aim to work out for half an hour most days of the week.” The solution is to make over your exercise mindset so you view it as a positive activity, not a hardship. Before you hit the park, make sure you invest in high-quality footwear and socks to avoid blisters, which could become slow-healing wounds. Also, keep some fruit juice or jelly beans on hand in case of a hypo.



### HOW TO GET OFF THE SOFA

To stay fit and flexible, try these exercise-boosting tips.

**LITTLE BY LITTLE:** Pushed for time? “Split your exercise into three 10-minute blocks, such as skipping, going for a walk and jumping on a trampoline,” suggests Martha.

**KEEP EXERCISE FUN AND VARIED:** Try belly dancing, hiking or rollerblading - the more social interaction and buzz-factor, the more likely you will be to keep it up.

**MIX IT UP:** Doing both aerobic exercise (such as cycling) and resistance exercise (such as weights) is the best way to maximise the effects of exercise on blood glucose control in type 2 diabetes, according to research by the Universities of Calgary and Ottawa. “Discuss the safety of lifting weights with your doctor as it can increase blood pressure,” warns Martha. “If you lift weights, don’t hold your breath, as this can put pressure on your heart.”

**JOIN A TEAM SPORT:** Playing netball, indoor soccer or basketball in a team will motivate you to keep showing up.

**EXERCISE AT LUNCH:** Walk to the park or go to the gym during your lunchbreak, or start a touch-football competition, tennis round robin or walking group with co-workers.

**PROTECT YOUR EYES:** Discuss with your doctor the safety of activities that involve rapid head movements, such as kickboxing and basketball. In studies of people with diabetes who have moderate eye problems, aerobics and strength training have not been shown to worsen vision, retinopathy or eye swelling.

**WATCH YOUR TECHNIQUE:** “If you have blood pressure or other vascular problems, avoid exercises that involve isometric contractions, where you keep muscles still while resisting force, such as holding a push-up,” says Martha.

### OVEREATING

**WHY KICK IT?** Whether you routinely overload your plate, are an impulse snacker always seeking out tidbits or a food junkie who can never stop at one biscuit, overeating is a risky habit when you have diabetes - you risk not only elevating your blood sugars, but also increasing your weight, says Dr Tim Crowe, a dietitian, research scientist, and coauthor of ‘Understanding Nutrition’, a leading textbook used in nutrition and dietetics courses. “Making poor food choices, following fad diets and skipping meals, particularly breakfast, greatly increases the risk of binge-eating.”

### HOW TO AVOID BINGE-EATING

Stay out of the snack cupboard with these ideas.

**GRAZE ON LOW-GI FOODS:** Space out your food intake over the course of the day. “Make those choices low GI, such as an apple or oats, and they will make you feel full without elevating your blood sugars,” says Dr Crowe.

**DRINK WATER REGULARLY:** “The body can often mistake thirst for hunger,” explains Dr Crowe.

**FIGHT CRAVINGS:** Delay eating for 10 minutes and then another 10 until the craving subsides. At home? Try playing the guitar, calling a friend, doing a Sudoku puzzle or walking around the block. At work? Fill your bottle at the water cooler, brew a cup of herbal tea, make a work call or pop in to see a colleague.

**DEAL WITH A FOOD FIXATION:** Talk to your doctor. They may suggest you see a dietitian to work out an eating plan that ensures you’re getting the nutrients you need, or refer you to a counsellor who can help you deal with some of the more complex issues driving your urge to overeat.





## WHAT TRIGGERS YOUR BAD HABIT?

Understanding and addressing what drives your habit is crucial to breaking it. Here are a few common triggers and ways to overcome them.

**ANXIETY** Breathe in and out to the count of three to slow down your breathing: taking more than 10 breaths a minute increases anxiety.

**BOREDOM** Shake up your routine, set new goals. Sign up for a charity walk, rearrange the furniture, sort out old photos - you need stimulus!

**DEPRESSION** Exercise

regularly. Studies show that this is as effective as antidepressants in relieving the blues. Talk to your doctor if your low mood persists - having diabetes puts you at greater risk of depression and you may need treatment for this.

**LOW SELF-ESTEEM** Work on building your confidence and boosting your mood. Seek

counselling or take classes to improve your social skills or master something new.

**STRESS** Focus on the cause and face it - address issues such as an unhappy relationship or workplace, improve poor time-management skills with better planning and consider whether you need a less perfectionist approach to life.



### EATING FAST FOOD

**WHY KICK IT?** The more fast food you eat, the more you crave - that's the feedback from research at the University of Texas Southwestern Medical Center. The repeated fat-hits stop your brain signalling that you are full. The effect lasts for about three days, which is why eating fast food all weekend can leave you ravenous by Monday. That's good reason to ditch the takeaway menu. "Takeaway meals are high in salt [which increases blood pressure], low in fibre [which means you don't remain full for long] and loaded with refined carbohydrates [which upset blood sugar levels]," cautions Dr Crowe. "When you regularly eat out or send out, food portions exceed healthy-sized meals, contributing to weight gain, increased risk of type 2 diabetes and increased health risks if you have diabetes."



### HOW TO CURB YOUR CRAVINGS

Having more control over your diet will help you beat a fast-food addiction.

**HAVE HEALTHY FOOD ON HAND:**

Write a weekly meal plan and take it when you go shopping so you have ingredients for quick-fix meals, such as canned tomatoes, tuna and pasta, rice, vegies and tofu. When cooking a stew or curry, make double the serve and freeze it for a quick meal when you're home late.

**BE WARY OF 'HEALTHIER' FAST FOODS:**

Yoghurt smoothies may be loaded with kilojoules, salad dressing can be high in fat, processed meats may elevate your salt intake and fat-free muffins can be high in sugar. Always check the nutrition information.

**DODGE 'MEAL DEALS':** If you must eat out, order the smallest size, skip the soft drink and steer clear of 'meal deals'. "Deakin University research shows that paying 12 per cent more to have bigger serves means you consume 23 per cent more kilojoules, 25 per cent more fat and 38 per cent more sugar," says Dr Crowe.

### DRINKING TOO MUCH

**WHY KICK IT?** You may feel you deserve a cold beer or glass of red to unwind after a tough day, but when one drink routinely turns into three or four, you're heading for trouble. It can lift your mood in the short term, but alcohol acts as a depressant - bad news if you're one of the 50 per cent of people with diabetes with an increased risk of depression. "In the long term, too much alcohol can cause weight gain, and increase blood pressure and triglyceride levels," says Dr Ralph Audehm, GP and Director of Primary Care Diabetes Society of Australia. "It can worsen diabetes complications such as neuropathy or kidney disease. If you're on insulin or taking diabetes medications, alcohol can cause hypoglycaemia, where blood sugars suddenly drop." To minimise the risks, know your BGLs, tell your drinking companions you have diabetes (and how to spot a hypo), eat carbs when drinking and before bed, and have breakfast as soon as you rise the next day if your glucose is low.

### HOW TO CUT BACK ON ALCOHOL

To enjoy the many health benefits of reducing your alcohol intake, follow these tips.

**HAVE SEVERAL ALCOHOL-FREE DAYS A WEEK:** On other days, women should indulge in no more than one standard drink, and men two standard drinks.

**ADD A MIXER:** Opt for half champagne/half orange juice or a spritzer (wine and soda water). "Make sure you use low-kilojoule mixers, such as diet cola, ginger ale and tonic water, which cause less of a spike in BGLs," says Dr Audehm.

**PRACTISE NATURAL DE-STRESSING:** Instead of reaching for a glass of merlot, relax by listening to classical music, meditating, going for a walk or playing with the kids.

**CHOOSE YOUR DROP CAREFULLY:** Choose low-strength beers and avoid spirits and cocktails: their higher alcohol content impacts faster and harder. "Minimise your intake of fortified wine, premixed spirits and liqueurs, which can cause a spike in blood sugars," says Dr Audehm. What about low-sugar beers? "They are often higher in alcohol, so they may be problematic for diabetes management."

**SEE YOUR GP:** If your drinking is a serious habit, ask about medication that helps reduce cravings, such as Campral.

**GET EXTRA HELP:** Join Alcoholics Anonymous or see a drug and alcohol counsellor for support.



ON SALE NOW



GET THE MOST OUT OF YOUR THERMOMIX!

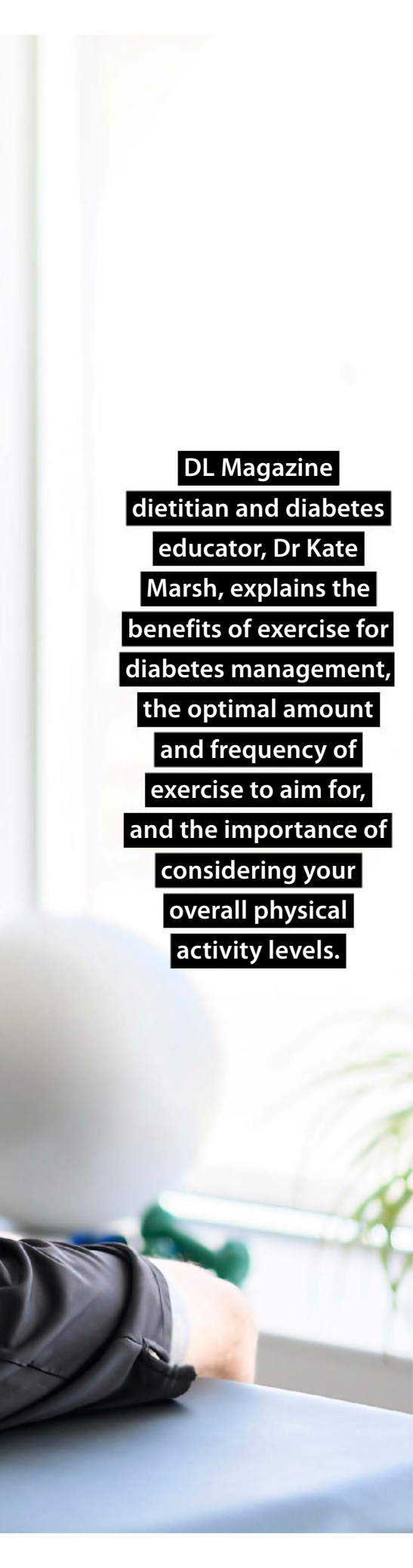


exercise

**WORKING OUT  
WITH DIABETES:**

**what,  
why,  
how?**





DL Magazine  
dietitian and diabetes  
educator, Dr Kate  
Marsh, explains the  
benefits of exercise for  
diabetes management,  
the optimal amount  
and frequency of  
exercise to aim for,  
and the importance of  
considering your  
overall physical  
activity levels.

**E**veryone knows exercise is good for your health and wellbeing. In fact, some people argue that if we could package exercise in a pill, it would be the most widely prescribed and beneficial medication available. But what types of exercise should you be doing and how often?

## WHY EXERCISE?

*There are many benefits of regular physical activity for people with and at risk of diabetes. These include:*

- ✓ Improved insulin sensitivity
- ✓ Improvement in blood glucose levels
- ✓ Improvement in heart health
- ✓ Increased muscle mass, strength, and fitness
- ✓ Assisting with weight management
- ✓ Reductions in body fat
- ✓ Increased bone mineral density
- ✓ Reduced risk of premature all-cause and cardiovascular mortality
- ✓ Improved mental health
- ✓ Improved sleep

## CURRENT EXERCISE RECOMMENDATIONS FOR DIABETES

The American Diabetes Association (ADA) Standards of Care 2024, which are updated annually based on the latest evidence, recommend the following for people with type 1 or type 2 diabetes:

**YOUNG PEOPLE:** 60 minutes/day or more of moderate -or vigorous-intensity aerobic exercise with vigorous muscle-strengthening and bone-strengthening activities at least 3 days/week.

**MOST ADULTS:** 150 minutes or more of moderate to vigorous-intensity aerobic exercise per week spread over at least 3 days/week, with no more than 2 consecutive days without activity, plus 2-3 sessions per week of resistance exercise on non-consecutive days.

**OLDER ADULTS:** include flexibility training and balance training 2-3 times/week which may include yoga and tai chi based on individual preferences to increase flexibility,

muscular strength, and balance.

**EVERYONE WITH DIABETES:** consider your overall activity levels and sedentary time and aim to break up sitting time regularly (every 30 minutes).

For those who don't meet the guidelines above, any increase in activity above current levels is beneficial.

For those with type 2 diabetes, a combination of aerobic and resistance training has been shown to be more effective than either of these alone for improving blood glucose levels. And while exercise at any time of the day is beneficial, several studies have shown that exercising prior to or following a meal can help with post-meal blood glucose levels in people with type 2 diabetes. This can be one way to use exercise to help with blood glucose management.



# AUSTRALIAN PHYSICAL ACTIVITY GUIDELINES

The ADA guidelines are very similar to the Australian Physical Activity and Sedentary Behaviour Guidelines, which provide an evidence-based guide to physical activity recommendations for the general population. There are separate guidelines for adults aged 18-64 years, older adults (65 years and over), children and young people, and women who are pregnant.

The recommendations in the guidelines are based on evidence that regular physical activity is essential for good physical and mental health and wellbeing, regardless of age. However, the amount of activity recommended varies depending on age.

## *For adults 18-64 years, the guidelines recommend:*

- ✓ Being active on most, preferably all, days of the week.
- ✓ Accumulating 150-300 minutes of moderate intensity (such as walking, swimming or playing golf) or 75-150 minutes of vigorous intensity (such as running/jogging, fast cycling or playing soccer or netball) physical activity, or an equivalent combination of both, each week.
- ✓ Doing muscle strengthening activities on at least 2 days each week.
- ✓ Minimising the amount of time spent in prolonged sitting and break up long periods of sitting as often as possible.
- ✓ Doing any exercise is better than none – if you are currently inactive, start small and slowly increase to the recommended amounts.



## *For older adults (65 years and over) the guidelines recommend:*

- ✓ Being active every day in as many ways as possible, doing a range of physical activities that incorporate fitness, strength, balance and flexibility.
- ✓ Accumulating at least 30 minutes of moderate-intensity physical activity on most, preferably all, days of the week.
- ✓ Those who have stopped physical activity, or who are starting a new physical activity, should start at a level that is easily manageable and gradually build up to the recommendations.
- ✓ Those who have enjoyed a lifetime of vigorous physical activity should continue in a way that is suited to their capability in later life, while sticking to recommended safety guidelines.



*Guidelines for children* vary according to age and include recommendations about how much activity children and teenagers should do each day (including energetic play for younger children and planned physical activity for older children and teenagers) and guidelines on limiting sitting and screen time, and getting enough sleep.



*Pregnant women* are generally advised to follow the exercise guidelines for adults but might need to modify the intensity and type of exercise they do as their pregnancy progresses. Pelvic floor exercises are also recommended to keep pelvic muscles strong and to avoid problems like incontinence.





## HOW AN EXERCISE PHYSIOLOGIST CAN HELP

Exercise physiologists (EPs) are university-trained exercise specialists who can help to design a safe and effective exercise program to meet your individual needs and health goals. When you see an EP they will assess your current health status, physical fitness and function, medical history, lifestyle habits and goals and use this to develop an exercise program adapted to your individual needs. Your program will include specific exercises, how often you should do them and how you should progress your exercise program. They will also make sure you understand the purpose and correct way to do each exercise, and how the exercise program supports your health. You can choose to have the exercise physiologist supervise the program or do it yourself at home. They will also regularly monitor your progress and adjust the program as needed, based on your progress. To find an exercise physiologist who can provide the help you need, visit the Exercise and Sports Science Australia website:

[essa.org.au/find-aep](https://essa.org.au/find-aep)

## GETTING STARTED

While most people can safely start exercising, if you are starting a new exercise activity program, particularly if you have previously been inactive, it's a good idea to check with your doctor first to make sure the program is suitable for you. Start slowly and build up gradually as your fitness level improves. Find activities you enjoy, as this will make it easier to stick to. And make sure you keep well-hydrated, particularly if exercising in the heat.

If you are taking insulin or diabetes medications that can cause low blood glucose levels (hypos)

you may need to adjust your medication doses or eat additional carbohydrate foods to prevent a hypo - discuss this with your doctor or diabetes educator. Monitoring your blood glucose levels before and after exercise can help you to learn how exercise affects your blood glucose levels and take steps to reduce the risk of hypos.

In people with type 1 diabetes, exercise may increase or decrease blood glucose levels, depending on several factors, including the intensity and duration of exercise, the timing of exercise in relation to insulin and meals and the type of

exercise you are doing. Regular monitoring of blood glucose levels is important to learn how exercise affects blood glucose levels and how to adjust food and insulin doses to manage blood glucose levels during and following exercise.

If you have diabetes-related complications including retinopathy (eye disease), neuropathy (nerve damage) or history of foot ulcers, there are certain exercises that may not be suitable so it is important to speak with your doctor for more information before starting a new exercise program.

## FREE EXERCISE RESOURCES

**MAKE YOUR MOVE:** sit less, be active for life, with ideas on increasing activity levels.

[health.gov.au/resources/publications/make-your-move-sit-less-be-active-for-life-adults-18-to-64-years](https://health.gov.au/resources/publications/make-your-move-sit-less-be-active-for-life-adults-18-to-64-years)

**CHOOSE HEALTH, BE ACTIVE:** a physical guide for older Australians

[health.gov.au/resources/publications/choose-health-be-active-a-physical-guide-for-older-australians](https://health.gov.au/resources/publications/choose-health-be-active-a-physical-guide-for-older-australians)

**NDSS PHYSICAL ACTIVITY AND DIABETES FACT SHEET**

[ndss.com.au/living-with-diabetes/health-management/exercise/](https://ndss.com.au/living-with-diabetes/health-management/exercise/)



# PCOS

## AND WEIGHT LOSS



### 8 LIFESTYLE CHANGES TO MAKE WHEN WANTING TO LOSE WEIGHT WITH PCOS

**P**olycystic ovary syndrome (PCOS), is a complex hormonal condition that impacts up to 1 in 10 women and girls during reproductive years. From irregular periods to hirsutism, reduced fertility and more, this condition is associated with several symptoms. One that is commonly spoken about is

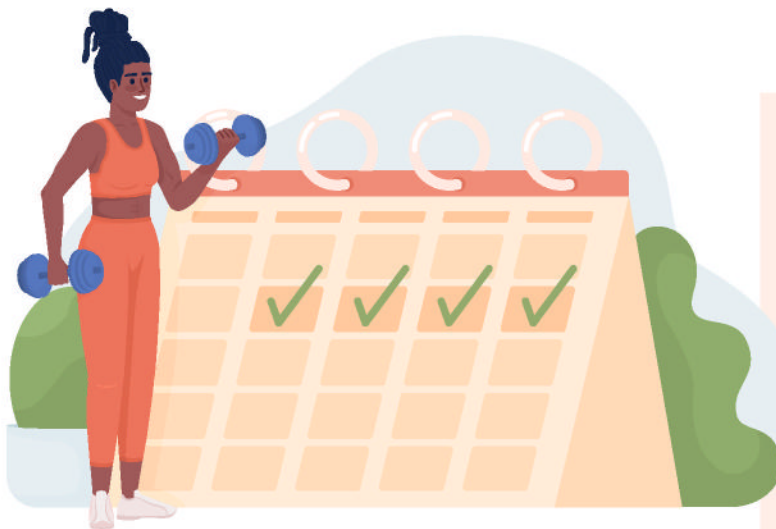
weight gain (specifically, PCOS belly), with 38% to 88% of women with PCOS being either overweight or obese.

“While weight loss improves symptoms and features of PCOS, affected women may experience increased difficulty in achieving successful weight management given their increased insulin

resistance and hyperandrogenism,” Dr Matt Vickers, a GP at Juniper, explains.

But it’s not all bad news. If you have PCOS and feel like your body is working against you, we’re here to tell you that there are ways to make it work with you instead, so you can finally reach your health and fitness goals.





## REDUCE YOUR STRESS LEVELS

Easier said than done, we know. But elevated stress levels can lead to a spike in cortisol and adrenaline, causing problems for women with PCOS who are already predisposed to high cortisol levels. To prevent this from happening, incorporate stress management techniques into your routine – think walking, yoga, journaling, boxing, meditation... whatever works for you.

## IMPROVE YOUR SLEEP HYGIENE

Those with PCOS need quality sleep to enhance insulin sensitivity, mitigate high-carb cravings, and stabilise blood glucose levels. Creating a soothing (and consistent) pre-bed routine can pave the way for profound rest.

### Before bed:

- » Take a warm bath
- » Lower the room temperature
- » Avoid using devices with blue-light exposure
- » Try aromatherapy with soothing essential oils like lavender or peppermint
- » Put on ambient sounds, calming music or ASMR
- » Spend a few minutes meditating



## EXERCISE REGULARLY

Engaging in physical exercise boosts your physical and mental health. For women with PCOS, cardiovascular exercises like running or HIIT can be particularly beneficial, as they help improve insulin sensitivity and prevent hypertension and cardiovascular diseases. Resistance training is another great option.

“Limited studies have been done on resistance exercise and women with PCOS. The early results suggest that the increase in muscle mass and reduction in body fat percentage as a result of resistance training is beneficial in women with PCOS.

“Additional benefits of resistance training include improvement in depressive symptom scores, which is a positive as there is a higher rate of depressive symptoms in women with PCOS,” explains Dr Vickers.



## EAT MORE PROTEIN

“Eating enough protein is crucial in building and maintaining lean muscle mass, which in turn improves your ability to burn fat and maintain a healthy weight. It also has the added benefit of reducing insulin resistance and making you feel fuller for longer.”

One study of women with PCOS found that those who ate a high-protein diet lost 4.4 kg over 6 months, which was considerably more than those in the control group. It's recommended you aim for up to 1.2 to 2 grams of protein per kilogram of body weight and go for lean protein sources, like chicken, turkey, shrimp, tofu, and tempeh.



## weight loss



### GET YOUR FIBRE AND HEALTHY FATS

A high-fibre diet can lower insulin resistance and overall body fat in people with PCOS. Aim for 25 grams of this micronutrient per day by including foods like broccoli, spinach, chia seeds, oats, and lentils in your diet. Additionally, incorporating a small portion of fats can help maintain nutritional needs and satiety, enabling a low-fat diet and calorie deficit required for weight loss. Just make sure to go for healthy fats like avocado, nuts, seeds, and olive oil.

### REDUCE CAFFEINE INTAKE

Drinking too much coffee can exacerbate PCOS symptoms by disrupting your blood sugar levels. Consider reducing your caffeine intake and whenever you need a pick-me-up, go for something like a decaf, matcha or chai. And while we're on the topic of what you should and shouldn't drink, staying hydrated is really important, so be sure to drink 2-3 litres of water every day.



### AVOID PROCESSED FOODS

Highly processed foods can lead to inflammation and discomfort. Transitioning towards less processed alternatives – for instance, choosing wholegrain bread instead of white bread – helps decrease inflammation, control blood sugar, and improve overall nutrition, while also reducing calorie intake and facilitating gradual weight loss.



### AVOIDING UNDEREATING

Yes, there is such a thing as undereating, even if you're trying to lose weight. PCOS is often accompanied by disordered eating and poor body image. For your health and well-being, it's really important that you get enough calories and prevent long-term (and unsustainable) restrictions. Remember, food is not the enemy.

"It is easy to feel overwhelmed when reading about all the effects of PCOS. I'd reassure women that managing PCOS effectively is possible with a holistic approach and the right support. You should talk to your doctor for strategies to increase your likelihood of sustained successful management of PCOS and its effects," says Dr Vickers.



Reader Event

THE AUSTRALIAN  
**Women's Weekly**

**health  
summit**



## Supercharge your health & wellbeing!

Join us at our inaugural Health Summit with some of Australia's most trusted wellness experts. Featuring inspiring panel discussions on everything from menopause to mental health, live demonstrations with healthy eating and exercise tips, and an interactive session to get you financially fit and healthy, this motivational morning will spur you into action.



Each ticket  
includes a  
**FREE gift  
bag worth  
\$200!**



### COME JOIN US

Hosted by *Women's Weekly*  
Editor Sophie Tedmanson  
and emceed by Jessica Rowe,  
the Health Summit is packed  
with inspiration, insights and  
empowerment for you to thrive.

**WHEN:** 9.30am - 1pm,  
Saturday August 31, 2024

**WHERE:** Museum of  
Contemporary Art Australia,  
The Rocks, Sydney

**COST:** \$60 per person or two  
tickets for \$100.

Each ticket includes  
breakfast and a gift bag  
valued at over \$200!

#### SECURE YOUR TICKETS

[WomensWeekly.com.au/  
HEALTHSUMMIT](https://WomensWeekly.com.au/HEALTHSUMMIT) or  
scan the QR code.

### Panelists include...



Julie Goodwin  
Celebrity cook  
& author



Jodi Gordon  
Actress & mental  
health advocate



Myf Warhurst  
Radio & TV  
personality



Alison Daddo  
Podcaster and  
former model



Michelle Bridges  
Fitness trainer

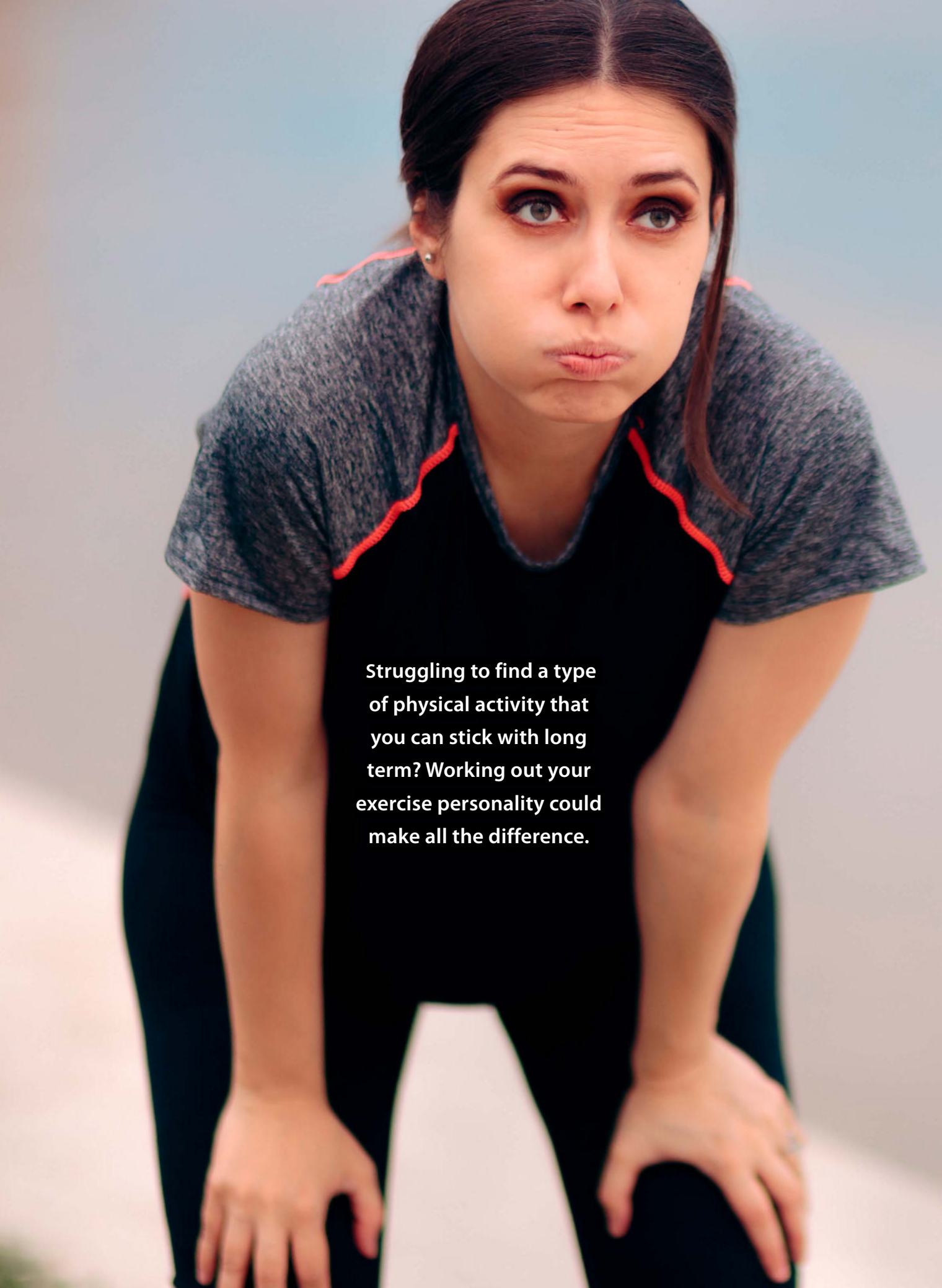
BROUGHT TO YOU BY



TOGETHER WITH





A woman with dark hair tied back, wearing a grey short-sleeved shirt with red trim and black leggings, is leaning forward with her hands on her knees. She has a focused, slightly strained expression on her face, looking directly at the camera. The background is a soft, out-of-focus light blue and white.

Struggling to find a type  
of physical activity that  
you can stick with long  
term? Working out your  
exercise personality could  
make all the difference.



# How to take exercise personally


 An illustration featuring two stylized figures. On the right, a person with short blue hair, wearing a white long-sleeved shirt and light blue pants, is riding a blue kick scooter. On the left, a person with long blue hair, wearing a white long-sleeved shirt and blue shorts, is on roller skis, leaning forward in a skating motion. The background is a light blue gradient.

**F**rom spin classes to strength training, boot camp and yoga, the options are endless when it comes to exercising. That's a positive for a number of reasons, including the fact that different physical activities suit different people. "Just like hobbies and social activities, exercise styles resonate more with certain personalities," says Alex Allegrini, director of Vision Personal Training.

Research agrees, showing that personality traits not only predict which exercise intensities we enjoy most, they may even influence how much of reduction in stress we'll experience following a workout.

"For example," says Alex, "a high-intensity boot camp might energise an extrovert but overwhelm an introvert. Likewise, a solo yoga session might bore the extrovert but provide the introvert with focused calmness."

"So, for someone who's new to exercise or is struggling to make it a habit, understanding your exercise personality is crucial because finding an activity you genuinely enjoy makes sticking with it much more likely."



## HOW TO TELL IF YOU'VE FOUND A GOOD FIT

Ben Lucas, director of Flow Athletic, says there'll be signs if a particular type of exercise suits your personality. "If you feel good during the workout, you're not frustrated, you enjoy it and you're energised afterwards, it's a good workout for you," he says.

"On the other hand, if you are drained, anxious and dreading going back, it's probably not for you. Having said that, if you are new to exercise it may take a few weeks for your body to get used to it."



# So, what is your **EXERCISE PERSONALITY?**

And, importantly, which type of physical activity is likely to suit you? Studies designed to delve into the science of exercise personalities focus on the 'big five' personality traits. These are openness, conscientiousness, extroversion, agreeableness and neuroticism.

You'll find big five personality tests online which can help you work out how much of each trait you do – or don't – have as well as which is your dominant one, but in a nutshell:

**OPENNESS:** is how receptive you are to new experiences. People who score highly around openness are willing to try anything once, enjoy pushing their own limits and are quite curious.

If this sounds like you: research recommends choosing outdoor activities and mixing up when, where and how you exercise rather than sticking to a regular schedule, routine or activity. So it might be bike riding one day, swimming the next and a nature-filled walk somewhere new the next. And, if you do head indoors to exercise, try the same approach – experiment with new activities or classes and mix it up day to day.

**EXTROVERSION:** measures sociability. People who score highly around extroversion enjoy being the centre of attention, bring energy to most situations and actively seek out excitement.

If this sounds like you: choose group-based workouts and classes so you can spend time with others. Research also shows that extroverts prefer to listen to upbeat, motivating music while they're exercising, because that adds an extra layer of excitement. Similarly, like conscientious people, extroverts find workouts that are high energy, rather than low key, more enjoyable.





**CONSCIENTIOUSNESS:** is the tendency to be strong-willed and determined. Conscientious people are typically also well organised and prefer to have a solid plan in place for most things rather than winging it.

If this sounds like you: choose an exercise routine where you're in control, rather than having to follow instructions – for example a solo strength-based training session will suit you better than being guided or even drilled during a group exercise class. Highly conscientious people also prefer to schedule or diarise their exercise sessions, rather than taking a more relaxed, play it by ear approach to when they'll be active. And they also get a bigger kick out of higher-intensity activities, like a boxing-based workout, rather than calmer more meditative ones, like swimming.

**AGREEABLENESS:** is the inclination to be agreeable and helpful. Highly agreeable people want to do things to make others comfortable and are quite forgiving, trusting and courteous.

If this sounds like you: choose a type of exercise that you can do whatever the weather, at the same time each day because people who are agreeable like to stick to a regular routine once working out becomes a habit. Research shows they also prefer to exercise in the morning perhaps because, being quite compliant, they like to know the task is completed for the day. Taking up a team-based sport or physical activity could also help you stay committed and focused because you won't want to let other people down by not showing up.

**NEUROTICISM:** gauges emotional stability. People who score highly around this trait tend to get embarrassed quite easily and usually feel nervous, stressed and even fearful in unfamiliar situations or when they're exposed to new experiences.

If this sounds like you: for starters, it's worth noting that research suggests you may need to give yourself more of a pep talk than other personality types in order to get moving. Reminding yourself that being physically active can actually help tackle anxiety and stress can help. Then, in order to feel comfortable, particularly if you're new to exercise, you may prefer lower-intensity activities, like yoga and bodyweight exercises, that you can do at home rather than investing in a gym membership.







BRENDAN ADAMS, TYPE 2

*my story*

**“My body was telling me, enough is enough, you have to do something about this.”**



When Brendan Adams was diagnosed with type 2 in August 2023 at the age of 43, he immediately started making lifestyle changes that have led to a 38 kilogram weight loss and an improved mindset.

**H**earing the words, “You have diabetes” was a bit of a shock - but at the same time, it wasn’t. Looking back, I had enough symptoms, and I’ve got a family history, so I should have picked up on the fact that something was wrong.

I went to the doctor with a kidney stone issue (which I have a history with), he took a urine sample, and immediately said, “There’s a lot of glucose in that urine”. When he said I needed a blood test, alarm bells started to go off and I knew...this is not good.

I had to wait over the weekend for the results. But I knew what was coming before the doctor said the words. My results were terrible! It was a good moment to have a conversation with my wife, as I knew we had to change things.

### ***Motivation to change***

I was put on 1000mg Metformin immediately, which is a pretty strong dose to start with. I also saw an optometrist, a podiatrist, and a nutritionist at that time. There was a whole checklist!

I started thinking about making lifestyle changes straight away. I like to use the analogy, “You can only drive it like you stole it for so long!”. My body was telling me, enough is enough, you have to do something about this.

When you research diabetes, there’s enough information out there to realise that it’s not necessarily the sentence that you think it is. You can reverse things, and if I have a chance to do that and not be on medication, that’s what I want to do.

I think we all know that sometimes the foods we eat aren’t the best, for me it was just a matter of being motivated to change that. The very first change for me was no soft drink. I lived on soft drink! It’s so easy to drink a lot of it. When I was at work, I’d grab a bottle of Pepsi at morning tea. Then another at lunchtime. Then maybe even another one at afternoon tea. That’s nearly two litres before I’ve left work. When I figured that out, I thought, oh my God, was I really drinking that much? Sometimes I would do the ‘right’ thing and get Pepsi Max or Coke No Sugar, but I wondered if those are really that much better for you. So I just made the switch straight to water. Now I have 2-3 litres of water every day.

Once I got over the sugar ‘hangover’ (the headaches and so on - that lasted a good three weeks), I found that I can’t drink it anymore. I’ve occasionally had people buy me a (sugar-free) drink when I’ve been out, I’ve had a mouthful and found that I just don’t enjoy it anymore.

### **my story: type 2**





## my story: type 2

### Habit overhaul

The soft drink was the hardest change, but savoury snacks like potato chips were another thing I found a bit tricky. Turns out, that was more habit than anything else. For instance, if I sat down to watch my favourite show, I just felt like I needed something to munch on. Once I realised that, and broke the habit, I found I didn't need it after all.

Another realisation I've had since changing my diet is when you're shopping for food, if you avoid the centre of the supermarket and only shop around the edges, you're buying better stuff. Go for the fresh produce, the whole foods and avoid the processed stuff.

Really early on I was trying to cut carbs too much and had a few days where I'd wake up and feel a bit off, or really dizzy. One morning when I was feeling pretty bad, I took my blood sugars and they were only

around 2mmol/L. I realised that I did need a certain amount of carbs to get me through the day, and it was just learning that balancing act.

Portion control has been a big one to learn, and thinking about what's going on your plate. It used to be that half my plate would be carbs. Now I'm thinking more about what protein I have, and how many vegetables. When you eat the right foods, you feel fuller for longer, which helps remove the cravings. It does take time though.

### Move it, move it

In terms of exercise, I originally joined a gym, but I'm no longer doing that. These days I'm doing more walking than I've ever done. One of the reasons for that is we recently got a German Shepherd puppy, Hux. He's 7 months old and a ball of energy, so I have to walk him every day, no matter the weather. He certainly keeps me

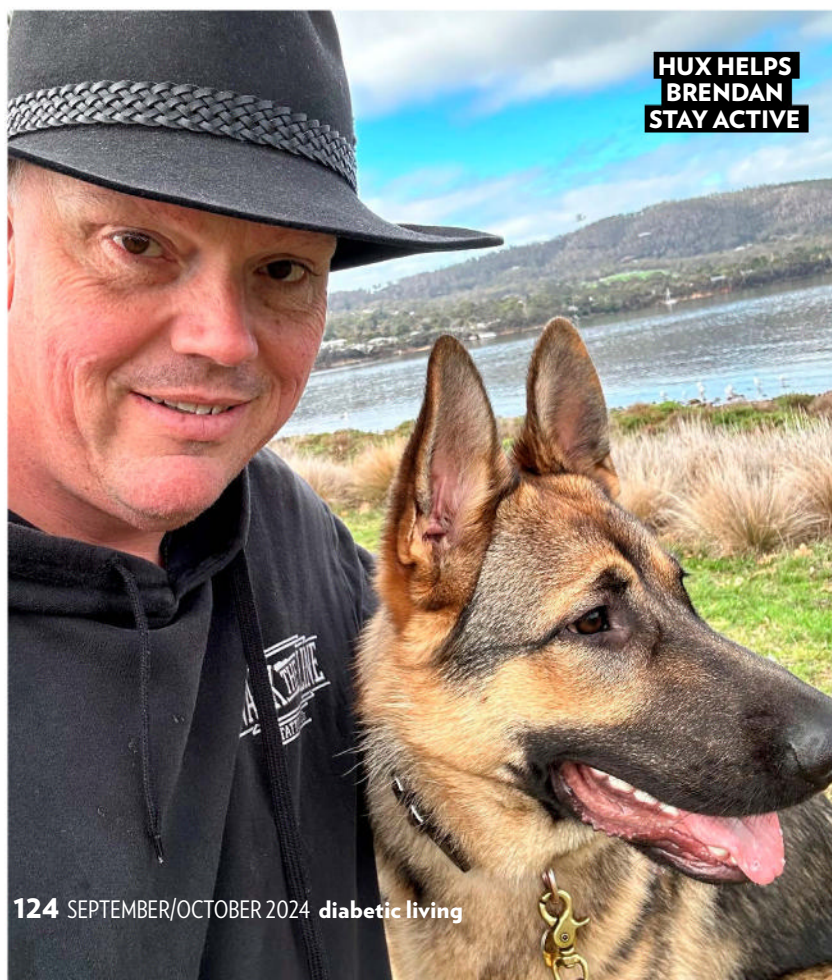


active! I find with exercise, you have to get yourself into a routine until it starts to feel really natural. Now, if I'm not active enough, after a little while, I start feeling like I need to do something.

I've lost 38 kilos since I was diagnosed last August, and my blood sugars now average around 5-6mmol/L. I'm a totally different person. I have lots more energy and just feel much healthier. I'm currently on 500mg of Metformin, and I have another review coming up soon. I'm hoping eventually I'll no longer need it.

As funny as it sounds, my diagnosis was almost a blessing in disguise, because it was the kick up the bum that I needed to change things that I should have done years ago. Even with all the issues I've had with kidney stones over the years, I would only make changes for a short while then eventually revert back to old habits. Diabetes is a diagnosis that is more severe, and it's not going away. It forced me to make changes for good.

But it's not all doom and gloom. My advice for someone who is newly diagnosed would be to try to see it as an opportunity to change your life for the better. If you can look at it like that, it'll be a lot easier for you. Take it and run with it.





# Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

## CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that C=11, R=17, and L=21. You can record each letter as you work it out in the letter checker at the bottom of the grid.

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 14 | 7  | 21 | 14 | 16 | 18 |    | 11 | 21 | 18 | 14 | 4  | 18 | 5  |    | 25 | 1  | 5  | 5  | 21 | 18 |
|    | 14 |    | 8  |    | 4  |    | 14 |    | 4  |    | 18 |    | 15 |    | 17 |    | 10 |    | 10 |    |
| 12 | 13 | 23 | 26 |    | 23 | 1  | 4  | 15 | 11 |    | 24 | 14 | 9  | 1  | 18 |    | 5  | 1  | 4  | 2  |
|    | 10 |    | 18 |    | 17 |    | 14 |    | 1  |    | 18 |    | 4  |    | 23 |    | 9  |    | 9  |    |
| 6  | 1  | 15 | 4  | 10 | 14 |    | 8  | 14 | 12 | 1  | 17 | 14 | 15 |    | 18 | 13 | 18 | 21 | 15 | 5  |
|    |    | 24 |    |    | 25 | 1  | 23 |    | 7  |    |    |    | 19 | 10 | 22 |    |    |    | 23 |    |
| 20 | 10 | 13 | 10 | 1  | 8  |    | 14 | 12 | 18 | 4  | 15 | 23 | 13 |    | 23 | 18 | 5  | 15 | 1  | 12 |
|    | 7  |    | 14 |    |    |    |    |    | 17 |    | 12 |    |    |    |    |    | 1  |    | 5  |    |
| 18 | 24 | 10 | 2  | 18 | 5  |    | 19 | 1  | 8  | 8  | 25 | 10 | 23 |    | 11 | 26 | 18 | 3  | 18 | 5  |
|    | 15 |    |    |    | 10 | 3  | 21 |    |    |    | 1  |    | 15 | 21 | 21 |    |    | 10 |    |    |
| 11 | 10 | 17 | 17 | 14 | 21 |    | 18 | 4  | 11 | 10 | 5  | 18 | 5  |    | 10 | 7  | 21 | 10 | 4  | 9  |
|    | 1  |    | 26 |    | 25 |    | 22 |    | 14 |    | 18 |    | 15 |    | 23 |    | 15 |    | 13 |    |
| 18 | 8  | 25 | 13 |    | 26 | 14 | 15 | 21 | 8  |    | 4  | 15 | 4  | 23 | 26 |    | 24 | 14 | 12 | 25 |
|    | 21 |    | 12 |    | 15 |    | 4  |    | 18 |    | 11 |    | 9  |    | 18 |    | 18 |    | 25 |    |
| 3  | 13 | 24 | 18 | 17 | 4  |    | 9  | 14 | 5  | 9  | 18 | 23 | 8  |    | 5  | 15 | 4  | 9  | 26 | 13 |

|    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |



# CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

## ACROSS

- 1** Magnificently furnished (8)  
**6** Squid-like creature (10)  
**13** Geometric corner (5)  
**14** Twin-hulled boat (9)  
**15** Turner's machine (5)  
**16** Make insane (7)  
**18** Without a will (9)  
**19** Excavated (3)  
**20** Northern Territory landmark (5)  
**22** Haste (5)  
**24** Crow call (3)  
**26** Stone worker (5)  
**28** The Enlightened One (6)  
**29** Native American tribe (6)  
**31** Progress, headway (7)  
**32** Underground movement (10)  
**34** Tenacious (10)  
**37** Odd, unusual (7)  
**38** Of the ocean (6)  
**39** Disquiet (6)  
**41** Army doctor (5)  
**42** Affirmative vote (3)

- 43** Groom feathers (5)  
**45** Laud, exalt (5)  
**46** Use an oar (3)  
**48** Unwilling to budge (9)  
**51** Draw out an element (7)  
**53** Go off the ---, act out of control (5)  
**54** Openings (9)  
**55** Tag (5)  
**56** Informal bulletin issued by organisations (10)  
**57** Ambled, roamed (8)

## DOWN

- 2** Soothsayer, prophet (5)  
**3** --- we there yet?, roadtrip complaint (3)  
**4** Enlarge (8)  
**5** Camp toilet (7)  
**6** Celestial object with a tail (5)  
**7** Dancer (13)  
**8** --- Ronstadt, singer (5)  
**9** Wrongful incarceration (5,12)

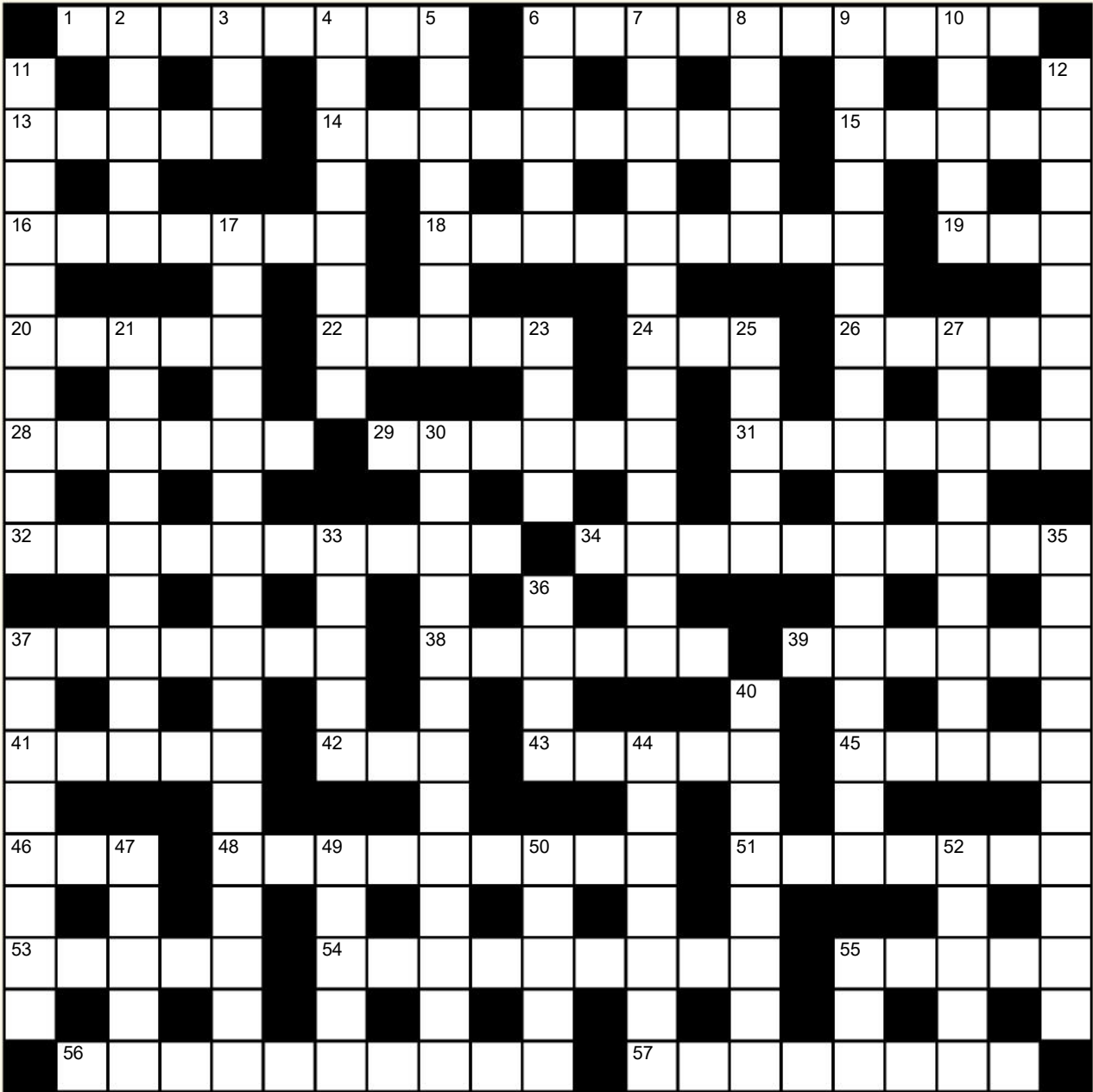
- 10** Fed beyond capacity (5)  
**11** Person unskilled at sea (10)  
**12** Tights (8)  
**17** Tick-tack-toe (7,3,7)  
**21** Not wanted (9)  
**23** Hand out cards (4)  
**25** Keens like a banshee (5)  
**27** Bank balance document (9)  
**30** Singer's musical backing (13)  
**33** Mimicry (5)  
**35** Dobber (6,4)  
**36** Prepare a patient for an operation (4)  
**37** Large Mexican hat (8)  
**40** Hans Christian ---, writer of fairy tales (8)  
**44** Forehead feature (7)  
**47** Put pen to paper (5)  
**49** Use a razor (5)  
**50** Coming later (5)  
**52** Stroll (5)  
**55** Alkaline solution (3)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 6 |   |   |   |   | 8 |   | 4 |
| 1 | 4 |   | 3 |   | 6 | 5 |   |   |
|   | 2 |   |   | 7 |   |   | 3 | 1 |
|   |   | 9 |   | 3 | 4 |   |   |   |
| 5 | 8 |   |   |   |   |   | 1 | 6 |
|   |   |   | 5 | 6 |   | 9 |   |   |
| 7 | 5 |   |   | 8 |   |   | 6 |   |
|   |   | 6 | 7 |   | 2 |   | 4 | 5 |
| 2 |   | 1 |   |   |   |   | 9 |   |

## SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.





Turn upside down for puzzle solutions

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 6 | 7 | 1 | 5 | 9 | 8 | 2 | 4 |
| 1 | 4 | 8 | 3 | 2 | 6 | 5 | 7 | 9 |
| 9 | 2 | 5 | 4 | 7 | 8 | 6 | 3 | 1 |
| 6 | 1 | 9 | 8 | 3 | 4 | 2 | 5 | 7 |
| 5 | 8 | 3 | 2 | 9 | 7 | 4 | 1 | 6 |
| 4 | 7 | 2 | 5 | 6 | 1 | 9 | 8 | 3 |
| 7 | 5 | 4 | 9 | 8 | 3 | 1 | 6 | 2 |
| 8 | 9 | 6 | 7 | 1 | 2 | 3 | 4 | 5 |
| 2 | 3 | 1 | 6 | 4 | 5 | 7 | 9 | 8 |

Sudoku

**Across:** 1 Palatial, 6 Cattlefish, 13 Angle, 14 Catamaran, 15 Lathe, 16 Derange, 18 Interstate, 19 Bug, 20 Uluru, 22 Speed, 24 Caw, 26 Mason, 28 Buddha, 29 Navajo, 31 Inroads, 32 Resistance, 34 Persistent, 37 Strange, 38 Marine, 39 Unrest, 41 Medic, 42 Yea, 43 Preen, 45 Extol, 46 Row, 48 Obstinate, 51 Extract, 53 Rails, 54 Apertures, 55 Label, 56 Newsletter, 57 Wandered.  
**Down:** 2 Augur, 3 Are, 4 Increase, 5 Latrine, 6 Comet, 7 Terpsichorean, 8 Linda, 9 False Imprisonment, 10 Sated, 11 Landlubber, 12 Leggings, 17 Noughts And Crosses, 21 Undesired, 23 Deal, 25 Walls, 27 Statement, 30 Accompaniment, 33 Apery, 35 Tattle Tale, 36 Prep, 37 Sombrero, 40 Andersen, 44 Eyebrow, 47 Write, 49 Shave, 50 After, 52 Ambie, 55 Lye.

Crossword

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |   |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| 1  | U  | K  | W  | 3  | 4  | 5  | 6  | D  | O  | B  | S  | 8  | 9  | 10 | 11 | 12 | 13 | 14 |   |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 |   |
| H  | 6  | P  | 2  | 1  | 3  | 4  | 5  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |   |
| A  | B  | L  | A  | Z  | E  | C  | L  | E  | A  | N  | E  | D  | P  | U  | D  | D  | L  | E  |   |
| M  | A  | S  | A  | N  | A  | N  | E  | I  | R  | O  | O  | O  |    |    |    |    |    |    |   |
| M  | Y  | T  | H  | T  | U  | N  | I  | C  | V  | A  | G  | U  | E  | D  | U  | N  | K  |    |   |
| Q  | U  | I  | T  | E  | R  | A  | U  | E  | N  | I  | T  | E  | G  |    |    |    |    |    |   |
| J  | O  | U  | O  | U  | S  | A  | M  | E  | N  | I  | T  | Y  | T  | E  | D  | I  | U  | M  |   |
| E  | V  | O  | K  | E  | D  | F  | U  | S  | S  | P  | O  | T  | C  | H  | E  | W  | E  | D  |   |
| I  | O  | W  | L  | L  | U  | I  | L  | L  | O  |    |    |    |    |    |    |    |    |    |   |
| C  | O  | R  | R  | A  | L  | E  | N  | O  | C  | O  | D  | E  | D  | O  | B  | L  | O  | N  | G |
| E  | S  | P  | Y  | H  | A  | I  | L  | S  | N  | I  | N  | T  | H  | V  | A  | M  | P  |    |   |
| W  | Y  | V  | E  | R  | N  | G  | A  | D  | G  | E  | T  | S  | D  | I  | N  | G  | H  | Y  |   |

Code Cracker







SUBSCRIBE TO **diabetic**  
LIVING

AND RECEIVE  
2 BONUS ISSUES OF  
**Better  
Homes**  
and Gardens.



Offer ends October 9th, 2024



[www.magshop.com.au/DL49](http://www.magshop.com.au/DL49)



## BREAKFAST & BRUNCH

- 83 Healthy chocolate milkshake ●●●
- 84 Healthy pesto eggs on toast ●●●
- 84 Slow-cooker bio yoghurt ●●●
- 48 Turmeric granola ●

## LIGHT MEALS, SNACKS & SIDES

- 87 Banana split ●
- 61 Cauliflower & broccoli soup ●●●
- 87 Cheese, avocado & tomato stuffed potato ●●●
- 68 Cheesy broccoli-stuffed potatoes ●●●
- 87 Cottage cheese & strawberry toast ●●
- 67 Healthy chicken burritos ●
- 64 Healthy salmon bowl ●
- 68 Indian-inspired frittata ●●●
- 32 Indian-inspired vegetable pilaf ●●
- 87 Japanese-style cottage cheese & veggie sticks ●●●
- 64 Red capsicum & potato tortilla ●●●

- 24 Sausage & fish tray roast ●●
- 60 Thai-inspired coconut chicken soup ●●
- 60 Vegetable soup with halloumi 'croutons' ●●

## MAINS

- 46 Air-fryer roast chicken ●●
- 36 Baked ricotta with lentils & roasted cherry tomatoes ●●●
- 30 Beef & pumpkin stew ●
- 44 Big-batch pressure cooker bolognese ●●
- 18 Calming green soup ●●●
- 54 Chicken chow mein ●
- 50 Chicken & ginger fried rice ●
- 38 Curried baked fish with cauliflower & chickpeas ●●
- 56 Fish & chips
- 40 Fish & prawn pie with saffron potatoes ●●
- 36 Fragrant coconut, salmon & prawn traybake ●●
- 38 Greek lamb traybake ●●
- 19 Meatball & kale minestrone ●
- 24 Meatball & mozzarella pan bake ●●

- 30 Meatball stew with coriander chutney ●●
- 17 Noodles with crispy tofu ●●
- 28 Roast chicken with chorizo & chickpeas ●●
- 16 Sausage & soy fried rice ●
- 54 Simple mushroom curry ●●●
- 46 Slow cooker beef stew with dumplings
- 18 Sticky lemon chicken traybake ●
- 28 Thai red chicken curry ●

## DESSERTS

- 87 60-second dessert ●●
- 72 Baked apples with crumble topping ●
- 78 Chocolate fudge brownies ●
- 72 Cinnamon & apple tea cake ●
- 78 Citrus steamed puddings with citrus syrup ●
- 76 Pears poached in saffron, orange & cardamom syrup ●●
- 76 Vanilla & lemon panna cotta with poached rhubarb ●

**KEY** ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Lower-carb option

**COOKING** All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

**FREEZING** Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

**GLUTEN FREE** When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

**LOWER CARB** When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

**LOWER-CARB OPTION** When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.



Scan to sign  
the petition



# SHE'S NOT A SUPER WOMAN



The person she cares for thinks she's a superwoman, but she's not paid super.

Seven out of 10 primary carers are women\* and are expected to have superhuman abilities to care full-time, look after family and keep money coming in. But without super, it's really hard. The deficit adds up – big time. Enough to make or break her in later life, putting her retirement and future at risk.

She deserves more.

Let's guarantee super for carers.  
For more information visit  
[costofcaring.com.au](http://costofcaring.com.au)

\*Australian Bureau of Statistics, 2018

*Cost*  
OF  
**CARING**





# A COLD OR COVID-19?

**Test for COVID-19 even if  
your symptoms are mild.<sup>1</sup>**

**Coughing? Sneezing? Sore throat?<sup>2</sup> Get tested for  
COVID-19 early if you have any symptoms.<sup>1</sup> Oral  
antivirals are available for people aged 70 or older  
who test positive for COVID-19.<sup>3</sup>**

**Talk to your doctor for advice.**

**[planforcovid.com.au](https://planforcovid.com.au)**

1. Australian Government Department of Health and Aged Care. Testing for COVID-19. <https://www.health.gov.au/topics/covid-19/testing> (accessed April 2024).

2. Healthdirect. COVID-19 symptoms. <https://www.healthdirect.gov.au/covid-19/symptoms> (accessed June 2024).

3. Australian Government Department of Health and Aged Care. Eligibility for oral COVID-19 treatments. <https://www.health.gov.au/health-alerts/covid-19/treatments/eligibility> (accessed April 2024).